Cue the new Q

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Calgary metro

CANADIAN MEDAL COUNTER 2 2 9

SEMIFINALS

Canadian soccer gets inspiration from unexpected source

RIO

Your essential daily news | TUESDAY, AUGUST 16, 2016 High 27°C/Low 13°C Mostly sunny

'A bunch of losers'

TROLLS

Jason Kenney condemns tweet with Notley in crosshairs

Conservative MP Jason Kenney says a negative tweet featuring Alberta Premier Rachel Notley's face sitting inside the crosshairs of a scope came from an attention-seeking loser.

The tweet on the weekend came from the account of Richard Evans @NoLibs. It described him as "a freedom-loving bright spot in the social cloud that is Canada - now living in the Philippines."

It's being condemned by Twitter users as well as Kenney, a former cabinet minister, who is running for Alberta's Progressive Conservative leadership.

Kenney tweeted on the weekend that the social network should ban what he calls "lunatic trolls."

He told reporters at the opening of his Calgary campaign office Monday that the tweet was deplorable and crossed the line.

"Anything of that nature should be condemned — unequivocally — and I do," Kenney said. "I don't like to draw attention to those things, because those people are just looking for an audience and they're just a bunch of losers who should just be ignored."

The offensive tweet has been taken down.

"It was an innocuous image that has since been removed. No threats were made," said a tweet from Evans' account.

"What crime have I committed? Is the RCMP going to track me to this island in SE Asia and charge me?"

Kenney, who would like to merge the Tories with the Wildrose party, said he is all for freedom of speech, but not when it intimates violence.

THE CANADIAN PRESS

ONE TOONIE AT A TIME

Despite economic downturn, Albertans pull together to raise $800K — that will help save lives like Payton Langenau's

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metro NEWS
Your essential daily news

This comedian photobombed the PM to give him a taste of his own medicine. **Canada**

Province to examine ban on 'archaic' spear hunting

ANIMAL CRUELTY

Online bear video sparks call to end practice

The Alberta government says a video showing a black bear being killed by a spear is unacceptable and it plans to ban the practice.

The online video posted in June on the account of Josh Bowmar, who runs an Ohio-based fitness company with his wife, set off a deluge of outrage before it became private.

The 13-minute video shows Bowmar launching a spear — with a camera attached — at a bear from 11 to 14 metres away and captures his jubilant reaction when the animal is pierced in the side.

It credits John and Jenn Rivet, who run a hunting outfitting business in Swan Hills, Alta., north of Edmonton for organizing the hunt.

After the spear pierces the bear's side, the man raises his arms in the air, smiles broadly and exclaims: "I smoked him."

Todd Zimmerling, president of the Alberta Conservation Association, says he can see how the images in the video, which he has not seen himself, would be upsetting to some.

He says using bait to hunt black bears is legal in Alberta, but some people do take issue with the practice. As for whether using a particular weapon is ethical, Zimmerling says it depends on whether the hunter can ensure a "quick and clean" kill.

Using a spear is not an inherently inhumane way to kill a bear — assuming the hunter is proficient, Zimmerling says.

"It depends on how much practice someone has had. If they're able to make a good shot, then it can be an ethical kill," he said Monday.

> **If they're able to make a good shot, then it can be an ethical kill.**
> Todd Zimmerling

"I certainly don't want to see a whole pile of people run out there starting to throw spears at bears just to try it. That would be an issue.

"But to actually put the time in it to do it, any legal method as far as I'm concerned can be done ethically as long as they put the practice in."

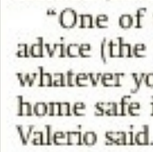
In a statement, a spokesman for Alberta's Ministry of Environment and Parks calls spear hunting archaic and says a ban is to be introduced this fall as part of updated regulations.

Tim Chamberlin says Fish and Wildlife officers have been asked to investigate and determine if charges are warranted under existing laws. THE CANADIAN PRESS

A screenshot from a video showing a U.S. hunter spearing a bear during an Alberta hunting trip. YOUTUBE SCREENSHOT

SELF DEFENCE

Muslim women get safety tips



Sanam Islam
For Metro | Edmonton

Defending against someone trying to rip off their hijabs is just one of the practical tips Muslim women will learn at an upcoming safety workshop.

Organized by the Alberta Muslim Public Affairs Council (AMPAC) for the first time, the workshop aims to give Muslim women the tools to deal with violence, defend themselves and get home safely, said organizer Nakita Valerio.

"The amount of Islamophobic violence we've been seeing in the last year compared to other years has been quite significant … it hasn't gone away. And violence against women is always prevalent," said Valerio.

A black belt instructor with Strong Orange Violence Protection will lead the workshop, to be held at the Westmount Fitness Centre on Aug. 25.

"One of the best pieces of advice (the instructor gives) is whatever you have to do to get home safe is the right thing," Valerio said.

In the last few months, the organization, which launched an Islamophobia hotline in March, has seen an increasing number of calls, said president Faisal Khan Suri.

Suri said the hotline has received more than 80 calls, with about 30 of them being deemed serious enough to forward to Edmonton Police and other authorities for further investigation.

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Calgary soccer club reveals plans for $10-million facility

FOOTHILLS SOCCER CLUB

Multi-sport training site being built in the southeast

Mathew Silver
For Metro | Calgary

Elite athletes looking for a place to train in the winter might have found their state-of-the-art stomping ground.

Calgary Foothills Soccer Club announced plans to build a new $10-million training facility in southeast Calgary that will feature 80,000 square feet of high quality turf — perfect for athletes limited to training in the summer months.

According to Danny Hay, the program's director for Foothills Soccer, the club will only be using the space 70 per cent of the time, and he is looking to open up the space for sports like football, field hockey, and Ultimate Frisbee.

The new facility, which is currently under construction, will feature an international-size soccer pitch and be completed by January 2017.

The goal is to emulate the model of Scandinavian teams, who have found success on the international soccer scene despite their cold climate and relatively small populations.

"By having this facility it allows us the flexibility to train like an outdoor team but in the confines of the winter season," said Tommy Wheeldon Jr., the club's technical director.

Wheeldon Jr. pointed to the success of Iceland's men's team who defeated England in the UEFA Euro Championships this year, and the Swedish women's team who just recently knocked off the U.S. in the quarterfinals of the Olympics.

According to Danny Hay, the program's director for Foothills Soccer, the project also makes sense from a business perspective. Instead of having to purchase gym space and travel to play at quality facilities, the club will pay rent to private investors over the next 30 years.

"We've gotten to be a big enough club that it's enough to pay a commercial rate of rent to some investors. Instead of putting money in an RSP or a mutual fund, they can make a decent rate of return by putting it into something that benefits the Calgary community."

The facility represents a positive step forward for soccer in Calgary, with the ultimate goal of one day fielding a Major League Soccer team — North America's soccer equivalent to the NHL. Wheeldon Jr. anticipates that could happen in the next 10 years.

BY THE NUMBERS

$10M
Planned cost of the new facility.

80,000
Square feet of playing turf.

Foothills Soccer Club representatives Danny Hay, left, and Tommy Wheeldon Jr. helped unveil plans for a new multi-sport training facility on Monday. MATHEW SILVER/ FOR METRO

EMPLOYMENT

Airport holds job fair

Feeling grounded at your current job?

The Calgary Airport Authority is looking to hire hundreds of people at the YYC Career Fair, which will take place Wednesday, Aug. 17 from 11 a.m. to 7 p.m. at the Coast Plaza Hotel (1316 33 St. NE).

With the opening of the new International Terminal, YYC employers will be looking to fill roles in a variety of areas, such as operations, security, customer service, food and retail, and more.

"The opening of the new terminal means more people will have the opportunity to join the growing business at YYC and become part of our world-renowned Team YYC ," said Garth Atkinson, president and CEO of The Calgary Airport Authority.

The new International Terminal will open on October 31, and will add over two-million square feet to the existing terminal, new retail and restaurant locations, and an electric passenger shuttle. METRO

IN BRIEF

Officials warning rafters

The Calgary Fire Department aquatics team is asking rafters to be careful, after multiple reports of rafters either stranded or submerged due to unexpected damage to their rafts.

One particularly hazardous location is just upstream from where the river passes under the Crowchild Trail bridge, where large amounts of rebar have been discovered protruding about four metres from shore. METRO

Update in motion for 15-year-old bike plan

INFRASTRUCTURE

The city has posted a tender for an outside contractor

Helen Pike
Metro | Calgary

The City of Calgary is readying a guiding work plan on how to construct cycling infrastructure. METRO FILE

The city's wheels are turning with a new major bike plan as the downtown cycle track pilot is coming to a close.

It's called the Updated Bikeway Plan, and the overdue document will be replacing one from 15 years ago. Currently, the city has posted a tender for the work, seeking an outside contractor to do an analysis of the city's current facilities, and recommendations for what could be next.

"This helps with inner-city discussions and also helps with greenfield discussions in that we can identify where the pathway connections are going to be ahead of time," said Tom Thivener, the city's cycling coordinator. "When a new developer comes in we can say what we expect of them…we can make sure those communities connect to transit and connect to the rest of the network."

This plan was approved in 2011 by council and was budgeted at $480,000 to be completed by an outside engineering firm.

Once in place, this new plan will give a five- to 10-year snapshot of the work ahead for Calgary's bicycle infrastructure.

It will identify new paths, crossings and work towards making the city's cycle infrastructure interconnected and accessible from the core out to suburban Calgary.

Thivener said the plans took a back seat to the cycle track pilot, which was taxing for the department and is now drawing to a close. Funding for the program began in 2012 with the cycling strategy, but the city's now ready to take it on.

"It's a ton of work to do the network analysis, to come up with recommended routes," said Thivener. "The fact that our plan is so old, it requires quite a bit of work to bring it up to speed."

The old plan didn't call for many bike lanes, just signed routes. This plan will include public engagement sessions, which will be announced once the engineering firm is selected.

The program won't just include the city's transportation folks, but also engage with the parks division who will be major partners on the implementation and pathway side.

"We need to make sure there's enough density in the network, so people can get from their community to destinations, wherever they're going," said Thivener.

POLICE

Jaywalking tickets up from 2015

Calgary police have issued 432 jaywalking infraction tickets in 2016, nearly double the 2015 figures, of 255 tickets.

Charges can range from $25 to over $70 depending on the officer's discretion and severity of offence.

Colin Foster, acting staff sergeant for the CPS traffic section, said the numbers have jumped, but they can't pinpoint a cause.

"I have absolutely no idea," said Foster. "There could be a multitude of different reasons, but I've got no hard facts why they've gone up. We always keep an eye on pedestrian safety anyway, that's one of the major groups we look at in terms of injuries…but there's been no instructions or orders that we go out and hammer pedestrians."

Tickets are handed out by traffic officers in each district, but tend to be on a complaint basis, or at each individual officer's discretion.

Among the theories are that officers are just paying more attention, there's a lot more construction obstacles for pedestrians, and there's even a chance Pokemon Go has upped Calgarians' distracted walking habits.

"It wouldn't surprise me something like that would result in more tickets, when you get a lot of people on the street not paying attention to what's around them," Foster said.

Jodi Morel with Vision Zero Calgary said there's a lot that jaywalking infraction statistics could tell officers, as well as city officials if the statistics gathered were meaningful enough.

"It's the law, yeah they're giving tickets, but they really should rethink where it's safe for people to cross," Morel said. "Giving someone a ticket may discourage behaviour, but it won't encourage safety."

She said oftentimes jaywalking is a symptom of poor road design choices, and even rules that can make crossing unsafe. Morel believes crossing at a crosswalk can be especially dangerous when motorists look to their left for oncoming traffic instead of right when turning on red. Not to mention, the times pedestrians reach an impasse without notice.

"It should be part of the pedestrian strategy to try and make pedestrians comply," Morel said. "When crossing midblock you can see what's coming. I've never had a ticket, and usually I try to stick to the rules, but they don't make sense." HELEN PIKE/METRO

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CRIME

Police investigating double stabbing

Police are looking for a man they believe is behind a targeted attack in Calgary's northeast.

Calgary police responded to the 200 block of Huntcroft Road NE early Monday morning, after a report two people had been stabbed. An investigation is ongoing.

In the home police found a man in life-threatening condition and woman in serious condition.

EMS transported the victims to the Foothills Medical Centre in serious condition. Injuries were described as "traumatic."

There were two other adults and three kids in the house at the time. Police say they're all safe.

Officers are now looking for an Asian man in his 50s, wearing blue jeans and a blue shirt. They don't believe the attack was random.

Anyone with information is asked to contact police at 403-266-1234 or Crime Stoppers anonymously by calling 1-800-222-8477. METRO

An architectural rendering of the completed building.
COURTESY CITY OF CALGARY/IBI GROUP

Fire station promises local perks

TUSCANY

Response time to satisfy city's target upon completion

Brodie Thomas
Metro | Calgary

A new fire station in Tuscany should bring that community within the city's target fire response time when it's complete next year.

On Monday, officials were on hand for the groundbreaking of the planned station, which will be located at 345 Tuscany Way.

Deputy Chief Joe Zatylny said right now, the fire department isn't always meeting its seven and 11 response model for homes in the Tuscany area.

The goal is to have a truck on scene within seven minutes and operating to fight the fire within 11 minutes.

"We're looking at 10, 11 minutes to get a first responding unit (to Tuscany). So what this station will do is bring us back within that first-in engine response time of under seven minutes."

Nearby communities such as Arbour Lake and Rocky Ridge will also benefit from having a station nearby.

"It has an effect on the entire system with the way we deploy our resources," said Zatylny.

The fire department will have one engine at the station, and is planning to hire 20 new firefighters to staff it.

According to the city, the cost of the building will be shared between the province and the city. The province is paying $2.7 million through Municipal Sustainability Initiative funding, and the city's $9.9 million investment will come from developer fees pooled in the Community and Recreation Levy fund ($8.2 million), and tax dollars ($1.7 million).

Zatylny said residents had a role in helping design the building. It will have a community meeting place that can be booked. It will also have a flex-work hub for city employees — giving them an alternate place to work without travelling downtown.

The green space around the building will feature an outdoor fitness park with equipment.

$12.6M

The projected cost to construct the planned fire station comes in at $12.6 million.

> **It has an effect on the entire system with the way we deploy our resources.**
> Deputy Chief Joe Zatylny

TRANSIT

Bus route changes spur info sessions

Helen Pike
Metro | Calgary

Calgary Transit's making so many changes to the NW bus routes, they're throwing information sessions to get customers prepped for the switch on Sept. 5.

To keep riders informed, guides are being mailed to households, and public info sessions are penciled in this week to help after Calgary Transit reworked a number of their routes in February and March to increase efficiency. Transit took on a detailed process similar to their LRT engagements after community members raised concerns with the city's initial plans.

In 2015, transit was forced to make tough choices and cut certain northwest routes to make ends meet in other parts of the city. "Because our routes weren't very efficient before, we ended up cutting service in order to save money," said Jennifer Palmer, spokeswoman with Calgary Transit. "We decided to ... see how we could shuffle things around using our current resources to improve the service."

Palmer said Calgary Transit will likely embark on similar processes in all quadrants of the city to improve services.

These changes will add hours and routes to key stakeholders like the University of Calgary, SAIT and ACAD as well as shopping centres in the area.

Updated routes have been online for some time and, according to Palmer, the planning team has received mixed reviews about the changes.

Calgary Transit will also be at Brentwood and Dalhousie stations to answer questions and help patrons get from point A to B.

Info session times can be found at calgarytransit.com/news/2016-transit-service-review.

Ski club seeks home

CROWDFUNDING

Out of Olympic Park, onto golf course and snowmaking

Helen Pike
Metro | Calgary

There's no snow in sight. But as Calgary's cross-country skiers look ahead to winter they have work to do on the horizon before enjoying this year's snowfall.

In June, the Foothills Nordic Ski Club was notified by Canada Olympic Park of a project to install tubing facilities on site. According to the club, it had the potential to negatively impact their programming – so, Kevin McLean, president of FNSC, said they had to move forward plans to make Confederation golf course a permanent home.

The FNSC is currently crowd funding $65,000 to buy portable snowmaking and grooming equipment, as well as a bathroom and warming station for public use at the golf course they currently help the City of Calgary groom. Their funding deadline is Oct. 15, giving them time to order and install equipment before the ski season.

"Both for our programs as a club, and for others within Calgary, we just need a place to ski," McLean said.

He noted most families getting into the sport and younger pro athletes find driving outside the city to be a big commitment, something their spaces at Canada Olympic Park helped mitigate.

Foothills Nordic Ski Club does offer programs at Confederation Golf course, and hope to make it a more permanent winter home. COURTESY FNSC

To help out the cause, the FNSC has already raised over $55,000 towards a total budget of $118,000 to get the equipment. The project will be a 93 per cent capital cost and 7 per cent operational, which will be absorbed in future years through their club's fees — or a more permanent sponsor.

According to Michael Neary, sport manager with Cross County Alberta, Calgary has fewer maintained trails in the inner city compared to nearby Edmonton. The city opens up several golf courses for skiing in the winter and local ski clubs groom them, but the Chinook winds make it difficult to have consistent trails.

"For our sports, there's really not many designated areas to ski in the city," Neary said.

He noted the Calgary Ski Club is also working on their own infrastructure for Shaganappi Point Golf Course.

But Neary said with Calgary there's a world-class facility just to the west with Canmore's Nordic Centre trails, which tend to have a more predictable season and infrastructure in place to accommodate different levels of skiing.

> "There's really not many designated areas to ski in the city."
> Michael Neary

The FNSC has been operating in Calgary for 50 years, grooming Confederation Park for 20 years.

COMPASSION

Teen makes birthdays happier for kids all over

Aaron Chatha
Metro | Calgary

It's your birthday and you can cry if you want to — but you probably won't if Sheliza Kassam is involved.

Once a month, the 19-year-old Calgarian holds a group birthday party for underprivileged kids through the Children's Birthday Miracles organization, because she thinks everyone deserves to celebrate their special day.

"For families who aren't doing so well, they can't really hype up (the birthday party) because they don't have a lot of resources or funds," Kassam explained.

The birthday parties are well stocked with cake, gifts for the birthday kids, loot bags, face painting and a special guest — which can sometimes be a princess, or sometimes a sillier character, like the Minions from Despicable Me.

Kassam first started Children's Birthday Miracles when she was 15, after a cake containing peanuts sent her to the hospital on her birthday.

After getting angry at her parents for not being more careful in finding a nut-free cake, her parents reminded her to still be fortunate she even got a cake — there are many kids in the world who don't.

She started thinking, and thinking led to planning, and Kassam quickly partnered with Brenda's House and Inn from the Cold to give meals and gifts. It evolved into a monthly birthday party in Calgary, and over the years it's spread across the globe with chapters in B.C., Kenya, Tanzania and more.

Kids can also donate gifts to a child in need — by attending their birthday party and delivering the gift in person.

For more information, visit childrensbirthdaymiracles.com.

Sheliza Kassam has given more than 3,500 underprivileged kids the chance to have a birthday party – from Canada to Kenya. COURTESY CHILDREN'S BIRTHDAY MIRACLES

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Six-year-old Payton Langenau carries her teddy Brave, outside the Alberta Children's Hospital. AARON CHATHA/METRO

Campaign raises $800K

TEDDY FOR A TOONIE

Mother says donations saved daughter with organ failure

Aaron Chatha
Metro | Calgary

Betina Fillion is celebrating her daughter's second life.

At two years old, Payton Langenau was placed onto an Extracorporeal Life Support (ECLS) machine, which took over her lung and heart functions for six days. Langenau had gone into organ failure from a dangerous bacterial infection.

Finally they made the decision to try and remove her from the machine, and save her through surgery.

"When you see that surgeon come out, and he removes his mask and he's smiling — he said she did it — it's the greatest moment," said Fillion.

The machine that saved her life is one of many items paid for by the Teddy for a Toonie campaign, which ran throughout May at ATB Financial banks across the province.

On Monday, the Alberta Children's Hospital, the Stollery Children's Hospital Foundation and ATB Financial announced they raised more than $800,000 this year through the campaign.

Over the past 17 years, the campaign has raised $8.6 million.

The donations help fund cardio-respiratory monitors, KidSIM simulation programs and, of course, the machines that saved Payton Langenau's life.

Four years later, Fillion said her daughter is growing into an average six year old – and she's a social butterfly.

While Albertans donated by purchasing small teddy bears, Langenau has a very special teddy of her own. The day after she was taken off the ECLS machine was mothers day, and Fillion received a very special bear she named Brave.

Langenau latched onto Brave and now the bear doesn't leave her side.

Fillion said, even in these tough economic times, it's heartwarming to see people continue to give.

Her daughter hopes to one day become a doctor at the same hospital that saved her life.

> When you see that surgeon come out, and he removes his mask and he's smiling — he said she did it — it's the greatest moment.
> Betina Fillion

POLITICAL PARTIES

Kenney expects NDP voters to support merger

Former Conservative cabinet minister Jason Kenney says he expects that NDP supporters will join his campaign to unite Alberta's right-wing parties.

The Calgary MP is running for the Progressive Conservative leadership on a platform that would require talks to begin on a merger with the Wildrose party.

Kenney, who opened a campaign office in Calgary Monday, told supporters he wants a big-tent political party, which would include those who have voted for the ruling NDP.

"Anybody that wants to get rid of this job-destroying NDP government is welcome in this coalition and that includes a lot of traditional NDP voters," Kenney said.

"There are a lot of people in the public sector who might have voted NDP last time who are realizing they cannot have a strong public sector unless we have a growing economy - union members who are losing their jobs in the coal mines because of the NDP, nurses and teachers who want a more flexible and responsible public services, hard-pressed taxpayers."

Afterward, Kenney said the "blue-collar NDP spirit" is not represented by the current "ideological" government of Premier Rachel Notley.

"I've met NDP union members who said they didn't vote for a carbon tax and they didn't vote to shut down the coal industry," he said.

"They didn't vote for $45 billion in debt. I absolutely believe if we put together one, big, broad new party we're going to get a lot of traditional NDP voters supporting it."

The NDP government did not immediately respond to requests for comment.

Kenney said if he is elected Alberta PC leader in March of next year he would immediately begin talks with the Wildrose.

The Alberta PC leadership campaign doesn't officially begin until Oct. 1. THE CANADIAN PRESS

Comedian turns tables on PM

NEWFOUNDLAND

Bare-chested photobomb not by Trudeau this time

The prime minister's visit to Atlantic Canada has already included one shirtless selfie — but this time, Justin Trudeau is the photobombee rather than photobomber.

Comedian and Newfoundland native Mark Critch pounced on the opportunity to turn the tables on Trudeau during a walkabout on Signal Hill on Monday.

Critch tweeted a photo of Trudeau grinning at the camera with Critch bare-chested in the background.

"Sorry to accidentally photobomb your @CityofStJohns pic @JustinTrudeau," wrote Critch in the tweet, which had been retweeted 1,000 times by early Monday afternoon.

A clearly amused Seamus O'Regan, the MP for St. John's South-Mount Pearl, flanks the prime minister with one hand over his mouth, presumably stifling giggles.

Trudeau made international headlines recently with two shirtless photos, the latest while taking a break from surfing and simultaneously photobombing a couple getting married on a Tofino, B.C., beach.

Last month, the BBC and Time magazine reported on a Canadian family that encountered a bare-chested Trudeau while hiking in Quebec's Gatineau Park and took a selfie with the prime minister.

Reporting on the same Quebec encounter, American online news provider Mic called shirtless Trudeau "one of Canada's most prized national treasures."

The prime Minister was in Atlantic Canada for a visit, where he touched upon regional issues.

Justice Thomas Cromwell of Nova Scotia retires next month, but Trudeau appears to be departing from the convention of automatically filling that place with another judge from the region.

Trudeau said Monday his Liberal government is weighing several factors as it considers the next vacancy on the Supreme Court of Canada.

THE CANADIAN PRESS

Mark Critch of This Hour Has 22 Minutes stands behind Prime Minister Justin Trudeau in St. John's on Monday. MARK CRITCH/THE CANADIAN PRESS

INFRASTRUCTURE

Provinces waiting for funds

The federal government has yet to sign infrastructure funding agreements with five provinces and two territories — agreements that are a key step before any federal cash can flow to projects underway across the country.

Ontario, Saskatchewan, Alberta, Nova Scotia, New Brunswick, Nunavut and Northwest Territories have yet to sign funding deals.

Prime Minister Justin Trudeau is in the Atlantic region this week and is expected to sign a deal with Nova Scotia on Tuesday. New Brunswick is expected soon too.

But federal officials had expected to have all the agreements signed before the midway point of the summer construction season.

It has taken larger provinces longer than first thought to finalize the list of projects eligible for federal cash and negotiate the fine print of the plan, including timelines for when projects need to be completed.

THE CANADIAN PRESS

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Tahmid Khan remains in custody in Bangladesh.
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ELECTORAL REFORMS

Experts dismiss ranked vote advantage

If Justin Trudeau gets his way on electoral reform, will the Liberals "steal" every federal election in perpetuity?

As hearings on a new voting regime resume next Monday, the Conservatives contend that's what would be in store if Canada adopts a system of ranked ballots, which the prime minister has in the past touted as his preference for replacing the current first-past-the-post (FPTP) voting system.

Pollsters, pundits and proponents of proportional representation are only slightly less apocalyptic, predicting that a ranked ballot system — also known as preferential ballot or alternative vote (AV) — would certainly give the centrist Liberals an unfair advantage.

Hogwash, say political scientists who specialize in the study of voting systems.

"Would the Liberals automatically benefit? No," says Wilfrid Laurier University's Brian Tanguay.

"You can't say anything would automatically occur once a change in the electoral system happens ... The moment you change the rules of the game, the calculations of both the parties and the voters themselves will change."

Assuming a Liberal advantage is "very much wrong-headed" and "far too simplistic," agrees York University's Dennis Pilon.

Under AV, voters mark their first, second and subsequent choices. If no candidate wins more than 50 per cent of the vote, the contender with the fewest votes is dropped from the ballot and his or her supporters' second choices are counted. That continues until one candidate emerges with a majority.

Had that system been in place in last fall's election, polls have suggested Trudeau's Liberals would have won an even bigger "false majority" since they were the most popular second choice among supporters of other parties. THE CANADIAN PRESS

Hostages back Khan

BANGLADESH ATTACK

Canadian student made to hold gun, witnesses say

A University of Toronto student remains in custody in Bangladesh following publication of pictures that allegedly show him holding a gun at the scene of a deadly hostage-taking.

However, questions remain unanswered about the context of photos that appear to show Tahmid Hasib Khan on the rooftop of the Holey Artisan Bakery during the July 1 attack that killed 20 hostages.

The New York Times and Guernica magazine have published reports quoting hostages as saying that Khan, 22, was also a hostage, and that he was photographed after being ordered to hold an unloaded pistol.

In a report that included the images, the Dhaka Tribune acknowledged that "by themselves, the photos present no hard evidence that links ... Tahmid directly to the attackers."

Khan has been arrested but not charged for the attack, in which five armed gunmen were killed and 13 other hostages freed after an 11-hour siege.

On Saturday, a judge granted police a six-day extension to keep Khan in custody as they probe the attack that was claimed by Daesh.

Khan is described by the university as a student in good standing who's active in extracurricular activities, including sports and music.

Khan's family has repeatedly said that he's innocent and friends have set up a Free Tahmid Facebook page.

Khan is a Canadian permanent resident whose parents live in Bangladesh. He is studying global health at the University of Toronto.

Last week, The New York Times quoted witnesses as saying Khan was forced to hold the gun, which was unloaded.

> **When the police tackled Mr. Khan ... the other hostages rushed to his defense.**
> New York Times report

At the end of the siege, "when the police tackled Mr. Khan and began beating him, apparently believing he was allied with the attackers, the other hostages rushed to his defense," the Times said.

Guernica magazine published a similar report on Aug. 5, reporting that a hostage said "the gunmen had forced Khan to hold an unloaded gun during the night and they also took him upstairs ... The purpose appears to have been to use Khan as a human shield in case the police tried to shoot the attackers."

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Civilians flee villages outside Mosul on Monday, the day after Iraqi Kurdish forces launched an operation east of the Daesh-held city in Iraq. THE ASSOCIATED PRESS

Daesh recruits lack insight into religion

TERRORISM

Extremist group preys on ignorance of new members

The jihadi employment form asked the recruits, on a scale of 1 to 3, to rate their knowledge of Islam. And the Islamic State applicants, herded into a hangar somewhere at the Syria-Turkey border, turned out to be overwhelmingly ignorant.

The extremist group could hardly have hoped for better.

At the height of Daesh's drive for foot soldiers in 2013 and 2014, typical recruits included the group of Frenchmen who went bar-hopping with their recruiter, the recent European convert who now describes himself as gay, and two Britons who ordered "The Qur'an for Dummies" and "Islam for Dummies" from Amazon to prepare for jihad abroad.

Their intake process complete, they were grouped in safe houses as a stream of Daesh imams came in to indoctrinate them, according to court testimony and interviews by The Associated Press.

"I realized that I was in the wrong place when they began to ask me questions on these forms like 'when you die, who should we call?'" said the 32-year-old European recruit, speaking to the AP on condition of anonymity. He said he thought he was joining a group to fight President Bashar Assad and help Syrians, not Daesh.

The European, whose boyish demeanour makes him appear far younger than his age, went to Syria in 2014. He said new recruits were shown Daesh propaganda videos on Islam, and the visiting imams repeatedly praised martyrdom.

> **I realized that I was in the wrong place when they began to ask me questions on these forms like 'when you die, who should we call?'** Daesh recruit

An analysis of leaked Daesh documents reveals most of its recruits from its earliest days came with only the most basic knowledge of Islam. A little more than 3,000 of these documents included the recruits' knowledge of Shariah, the system that interprets into law verses from the Qur'an.

According to the documents, which were acquired by the Syrian opposition site Zaman al-Wasl and shared with the AP, 70 per cent of recruits were listed as having just "basic" knowledge of Shariah — the lowest possible choice. Around 24 per cent were categorized as having an "intermediate" knowledge, with just five per cent considered advanced students of Islam. Five recruits were listed as having memorized the Qur'an.

THE ASSOCIATED PRESS

Republican presidential candidate Donald Trump smiles to applause. THE ASSOCIATED PRESS

Trump's new plan for immigrants

U.S. ELECTION

Candidate calls for 'extreme vetting' of applicants

Donald Trump called Monday for "extreme" ideological vetting of immigrants seeking admission to the United States, vowing to significantly overhaul the country's screening process and block those who sympathize with extremist groups or don't embrace American values.

"Those who do not believe in our Constitution, or who support bigotry and hatred, will not be admitted for immigration into our country," Trump said in a foreign policy address in Youngstown, Ohio.

Trump's proposals were the latest version of a policy that began with his unprecedented call to temporarily bar foreign Muslims from entering the country — a religious test that was criticized across party lines as un-American.

The Republican nominee has made stricter immigration measures a central part of his proposals for defeating Daesh, a battle he said Monday is akin to the Cold War struggle against communism. He called for parents, teachers and others to promote "American culture" and encouraged "assimilation."

Trump's address comes during a trying stretch for his presidential campaign. He's struggled to stay on message and build a consistent case against Democrat Hillary Clinton, repeatedly roiling the White House race with provocative comments that have deeply frustrated many in his own party. THE ASSOCIATED PRESS

CIVIL WAR

Syrian troops repel rebels near Aleppo

Syrian troops repelled a rebel advance near Aleppo on Monday, forcing opposition forces to retreat from positions they seized a day earlier as heavy fighting continued in the country's largest city.

Russian Defence Minister Sergei Shoigu meanwhile said Moscow and Washington, which back opposite sides in the civil war, are edging closer to an agreement to defuse the fighting in the contested city.

Russia has been launching airstrikes in support of President Bashar Assad's forces for nearly a year, and Syrian and Russian warplanes have stepped up their raids in recent days in Aleppo and the rebel-held Idlib province nearby.

THE ASSOCIATED PRESS

YEMEN

11 people killed in hospital airstrike

An airstrike hit a hospital supported by Doctors Without Borders in northern Yemen on Monday, the international humanitarian group said, killing at least 11 people and wounding at least 19 others.

The group, known by the French acronym MSF, said the strike hit the hospital near the Houthi rebel stronghold of Saada, where teams were still attending to the wounded.

The airstrike on Abs Hospital, in Yemen's Hajjah governorate, occurred around 3:45 p.m. Monday, MSF said in a news release. The aid group said nine people, including an MSF staff member, were killed immediately. Two more patients died while being transferred to another hospital, and five patients remain hospitalized.

MSF said the hospital, which the group had been supporting since July 2015, was partially destroyed, and all the remaining patients and staff have been evacuated.

The conflict in Yemen pits an internationally-recognized government backed by a Saudi-led coalition against the Shiite Houthi rebels, who captured the capital, Sanaa, in September 2014. The Saudi-led coalition has been carrying out airstrikes in Yemen since March 2015.

MSF said the hospital's GPS co-ordinates had been shared with all sides to the conflict, including the Saudi-led coalition. THE ASSOCIATED PRESS

EARLIER

On Saturday, an airstrike on a school killed at least 10 children and wounded dozens more, aid workers and Yemeni officials said.

The Saudis denied hitting a school, saying the target was a Houthi training camp and accusing the rebels of recruiting children.

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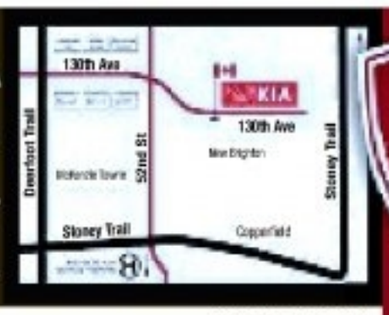

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Families turn to au pairs

DAY CARE

Rise pegged to changes in caregiver program

Calgary mom Paige Shaw found herself in a bind when her nanny decided to return to Toronto last year.

So she turned to the Internet to find their next caregiver and joined a growing number of Canadians seeking new ways to manage what can be frustratingly hard-to-find child care — by hiring an au pair.

The 38-year-old says she had never heard of the concept before last year, but after finding Kimberley Spence, a 19-year-old from Perth, Australia, she says it is "hands down" the best arrangement for her family.

> **We started with a few, and then basically the placements after that doubled.**
> Gruber Hersch

The phenomenon of hiring a young traveller on a holiday working visa instead of a traditional live-in nanny is definitely on the rise, says Manuela Gruber Hersch of the Vancouver-based International Nannies and Homecare.

"We started about four years ago with a few, and then basically the placements after that doubled," says Gruber Hersch, also president of the Association of Caregiver and Nanny Agencies Canada. "And then it grew again last year and it will grow again next year as well."

She pegs the rise to changes two years ago to the federal government's foreign caregiver program that made it "risky, very expensive and cumbersome" to secure a full-time nanny from overseas.

One of the reasons au pairs are lesser known in Canada is that many are hired under the table, says Gruber Hersch. Cost is a big issue, since parents must adhere to minimum wage rules and make deductions for Employment Insurance, Canada Pension Plan and income tax. In the end, the cost can be comparable to a daycare or nanny.

While a nanny generally has specialized training and experience working with children, au pairs are typically young women with only a casual babysitting background, which might not be suitable for younger kids.

Au pairs primarily help look after children, but they can also be relied on to ferry them to appointments and help parents with light household chores — added duties that can vary depending on the nanny.

Shaw says the agency she worked with helped devise a contract and whittled down a list of candidates based on personality matches. Personality and communication were key, since the line between what's considered on-the-clock and off can blur, she says.

THE CANADIAN PRESS

Paige Shaw, top left, and her family Chase, Finn, and Dana Shaw with their Australian au pair Kimberley Spence, bottom, in Calgary. LARRY MACDOUGAL/THE CANADIAN PRESS

REAL ESTATE

Home sales slowing

The Canadian Real Estate Association says July marked the third consecutive month of fewer home sales, as the Vancouver market slowed.

The association said Monday the number of transactions fell 1.3 per cent nationally between June and July, as more than half of all markets tracked showed declines in July — including Greater Vancouver and the nearby Fraser Valley, which slipped 6.7 per cent and 14.0 per cent, respectively.

The national sales in July were also down 2.9 per cent compared with the same month a year ago.

"The real eye-catcher is the fact that mighty Vancouver has been largely responsible for the recent cooling, with seasonally-adjusted sales now falling in five straight months, albeit from gaudy record levels at the turn of the year," BMO senior economist Robert Kavcic wrote in a note to clients.

THE CANADIAN PRESS

market minute

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DOW JONES: 18,636.05 (+59.58)

PC Alberta

Notice of Annual General Meeting
THE CALGARY FISH-CREEK
PROGRESSIVE CONSERVATIVE ASSOCIATION
Thursday, September 8, 2016

Date: Thursday, September 8, 2016
Time: 8 p.m.
Location: Parkland Community Association
505 Parkway Rd SE, Calgary AB T2J 6M4

Our annual general meeting to elect a Board of Directors and consider other business properly brought forward. A valid and current Progressive Conservative Association of Alberta membership, which can be purchased at pcablerta.org or at the AGM, is required to attend. New members are welcome and all attendees must show proof of age and primary residency within the boundaries of the Constituency to be eligible to vote. For further information please contact Calgary Fish Creek Association President Philip Schuman at 403.869.5921.

SALES

Back-to-school shopping to grow, retail experts predict

Retail experts are forecasting an increase in Canadian back-to-school spending this summer thanks in part to the low loonie and the new Canada Child Benefit.

4.5%
Increase in sales that school supplies retailers will see this year compared to 2015, says business consulting firm EY.

Business consulting firm EY, formerly Ernst and Young, predicts that retailers will see a 4.5 per cent increase this year over 2015 sales as students stock up for another year in the classroom.

Back to school is the second-biggest shopping season after Christmas, EY's Daniel Baer said.

"What we've been seeing is stronger retail sales for a few reasons," said Baer. "The Canadian economy has been relatively strong (and) there's been some more government spending in terms of child-care benefits ... putting money into the hands of families."

This year, Prime Minister Justin Trudeau replaced existing child-care benefits with a program that will see the average family get $2,300 per year.

The weak loonie has also encouraged more Canadians to shop on this side of the border instead of going to the U.S. to stock up on supplies or buying from American online retailers, Baer said. And a number of Americans are travelling north to shop in order to take advantage of the exchange rate.

EY doesn't expect all provinces to reap the rewards of increased back-to-school spending. The struggling oil-and-gas industry and rising unemployment in the Prairies point to lower spending, especially in Alberta.

But Alan Middleton, a marketing professor at York University's Schulich School of Business, said back-to-school spending is relatively immune to a weak economy.

"They may not get the top-of-the-line laptop ... but there's still going to be a whole bunch of other stuff they're (buying)," he said.

THE CANADIAN PRESS

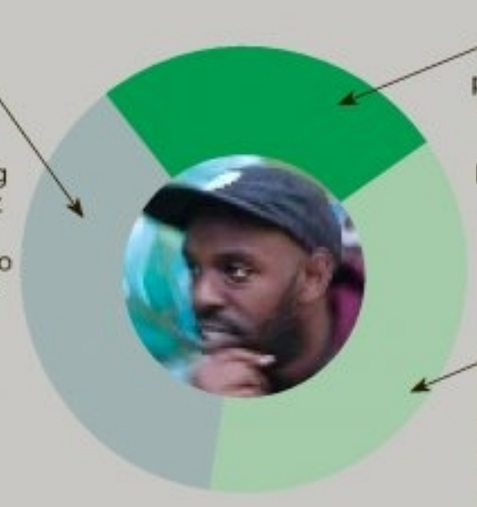
metro VIEWS
Your essential daily news
Tuesday, August 16, 2016

METRO POLL

Shad, we hardly knew ye

The CBC announced Monday that Shad will no longer be the host of Q, the public broadcaster's daily arts-and-culture radio show. He'll be replaced by longtime backup host Tom Power. Under Shad, the show was unable to recover from the Jian Ghomeshi sexual-assault scandal: Ratings have steadily plummeted since Ghomeshi was removed in the fall of 2014. We asked readers for their take on the move.

1 Is replacing Shad the right move for Q?



WE ASKED Metro readers

Shad is a low-key host but projects warmth and to his subjects. He might need coaching on interviewing, but I like him a LOT better than Power, who is way too 'chirpy' and sounds like someone who hawks vitamins for a living.

I was enjoying Shad's work. Letting him come into his own and build something outside Ghomeshi should have started with a new name.

He never left script and let golden opportunities pass.

He just did not develop the interview skill necessary for the format of Q. Always sounded like he was reading someone else's list of questions.

NO MORE BORING WHITE DUDES IN MEDIA PLZ

I'd like to see a woman in there, given the reason JG is gone. I do like Tom Power though...

He isn't the worst thing on the CBC. There are many other 'personalities' that are wanting.

visit metronews.ca
HAVE YOUR SAY

City life demands we not be stingy with empathy

KLASZUS' CALGARY

Jeremy Klaszus

When you hear of a wealthy neighbourhood trying to keep out affordable housing, what's your first response?

Anger? Frustration? Judgment? Empathy?

For me, it's usually a combination of the first three, and not so much the fourth. But a degree of empathy is important even here.

This has come up again in recent weeks, with news of Rosedale residents opposing a city plan to develop eight narrow lots in that neighbourhood as affordable housing.

It seems mean-spirited. It's easy to quickly ascribe all kind of nasty attributes and labels to people who oppose this project, writing them off as NIMBYists who only care for their own interests and wellbeing.

And there may be some truth in such labels. In Rosedale, concerns have been raised over "the possible class of people that would be renting these affordable housing units." It's symptomatic of an ugly classism.

Even so, it's too easy to apply such a judgment to an entire community. Labels are only so useful. They inevitably oversimplify the complexity of people.

They divide people into camps: the right group (which we always happen to belong to, of course), and the wrong one.

What underlies opposition to affordable housing? Fear usually plays a role. Not just the spreading of fear, but the experience of it — rational or not.

If we take time to consider that, it's something that perhaps we can all relate to.

City life is a constant negotiation, in close quarters, with people who bother us, think differently than us and make us uncomfortable.

A natural response is to hunker down with our own people, the ones we're comfortable and feel safe with.

There's a place for this. We all need to carve out our own space in the city. We need boundaries.

But we also have a civic obligation to make space for each other. Ours are not the only needs.

Somehow we need to remain open to our neighbours, and not just the ones next door.

This tension, which everyone in the city experiences in one way or another, has the potential to be transformative. But it requires inner work.

What's my posture toward people outside my own intimate group? Am I afraid? Of what? Why?

Go down this path and you can no longer demonize "those people," whether they're privileged homeowners or those on an affordable housing waitlist.

Now you're better able to empathize with them as people, not labels and caricatures.

In all areas, it's important to see beyond dualities. Beyond homeowner/renter, driver/cyclist, suburban/innercity, black/white.

Looking through a dualistic lens keeps us from empathy, further entrenching us in our own group — the one that does and sees things the "right" way.

It's easy to be smug and derisive toward those who resist urban change, but it's ultimately counterproductive.

Our energy is better spent seeking to understand each other.

Jeremy Klaszus is a freelance journalist and stay-at-home dad.

Is Canada's team doing as well as it should in Rio?

Richard Florida

In many ways the Rio Summer Games is shaping up to be a banner Olympics for Canada. Swimmer Penny Oleksiak has hauled in four medals including gold in the women's 100-metre free-style swim. Sprinter Andre De Grasse took the bronze in the men's 100-metre run. With 13 medals and 11th place among nations as of Monday morning, it's easy to heap praise on Canada's performance.

But simple medal counts often fail to provide a meaningful indication of a country's relative performance.

With the help of Charlotta Mellander and Patrick Adler, my colleagues at the University of Toronto Martin Prosperity Institute, I ranked each nation's overall medal performance by their population, size of their economy and the number of athletes on their Olympic teams.

Sadly, when we look at the number of medals based on size of population, Canada falls further down the list. We rank 26th with 3.6 medals per 10 million people. Tiny Grenada takes the top spot on this metric. Its one medal is equivalent to 93.6 medals per 10 million people. New Zealand is second with 17.4, followed by Slovenia with 14.5, Denmark with 12.3, and Hungary with 12.2. Large countries generally speaking do worse on this metric. The U.S. falls from first in total medal count to 36th (with 2.15 medals), Russia goes from fourth to 38th, and China falls from third to 60th.

Canada does even worse when we look at medals based on the size of the economy. Canada ranks 42nd with less than one medal (0.8 medals) per $100 billion of economic output or GDP. Again, Grenada tops the list: its one medal translates to more than 100 medals (per $100 billion GDP). Fiji is next with 22.8, followed by Jamaica (21.4) and Mongolia (17.1). By this metric, the United States is 54th, Russia 26th and China 53rd.

Perhaps the most useful way to measure success is to look at how many medals nations bring home based on the size of their Olympic teams. This metric makes the size of a country a more neutral factor in comparing results.

On this list, too, Canada doesn't fare particularly well, placing 37th: just 0.4 medals per 10 Olympians. Small countries take the top three spots. North Korea places first with 1.93 medals per 10 team members; Grenada is second with 1.43; and Kosovo third with 1.25. But Canada's rank on this metric is much more daunting, because many big countries with large teams tend to do well on it: The U.S. rises to fourth place with 1.22. China is fifth with 1.12 and Russia sixth with 1.06.

Of course, in a country famous for hockey and branded "We the North" the Summer Games may be something of an afterthought. But Canada has many advantages: it is a big country with a big team, not to mention that its openness to immigration gives it an edge in attracting talent from around the world. There is much to be proud of in the individual successes of athletes like Oleksiak and De Grasse. But, at a broader national level, it's time for Canada to up its summer game.

Richard Florida is director of cities at the Martin Prosperity Institute in the University of Toronto's Rotman School of Management.

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Stranger Things star Mike Wheeler covers Nirvana's Lithium and the internet loves it

REVIVING FITNESS FADS THROUGH MUSIC

A few years ago Zumba was the 'it' fitness fad. But these days many people would be embarrassed to admit they ever went to the dance-cardio classes. Now, the brand has hired music producer Timbaland in a bid to give Zumba a second 15 minutes of fame. Here are five other former fitness fads that could use the help of a hip producer to get back into fighting shape. MELISSA DUNNE/METRO

1

Runnin' thru The 6 with my quads

If you watched TV in the early '90s there was no escaping Suzanne Somers encouraging viewers to "squeeze, squeeze your way to shapely hips and thighs" with the ThighMaster. Toronto-born producer **Noah "40" Shebib** could give a new generation a new view on the toning device. Perhaps he could get his swole bestie **Drake** to work his thighs whilst a moody, atmospheric tune plays in the background for a millennial version of this classic infomercial?

ISTOCK

2

Can't stop the sliding

Yep, exercise involving a stripper pole and lap dances was a real thing in the '00s, with devotees that included Carmen Electra, Teri Hatcher and Kate Hudson. One assumes current strippercise classes are about as depressing as a strip club on Christmas Day. This erotic form of exercise could use the magic touch of **Max Martin**, who just produced Justin Timberlake's first hit in years. If anyone can revive things that were hot about a decade ago, it's Martin.

3

Making step class supa dupa fly

In the '80s Jane Fonda made wearing a bright leotard and legwarmers while stepping on a plastic box the thing to do. If anyone can make step aerobics supa dupa fly again it would be Timbaland's long-time pal and collaborator **Missy Elliott**. She just inspired U.S. First Lady Michelle Obama to sing 'Get Ur Freak On' on television, so the hottest 'round seems up for the challenge of getting people to step up to step class in 2016.

4

If you feel like pilates is the truth

Gwyneth Paltrow has been partially responsible for popularizing many fitness fads over the past decade, including Pilates. New York Magazine recently declared this gruelling and repetitive exercise routine about as dead as Paltrow's acting career. If super-producer **Pharrell Williams** can make wearing a Mountie hat a thing, he can definitely make doing tiny circles with your legs over and over and over again a thing again.

5 Piloxing's chance for hybrid cool

ISTOCK

Back in the halcyon days of 2013 The Daily Mail was asking if Piloxing was the new Zumba. Yes, yes it was, friends. Alas, while the "hot fitness trend" combined Pilates and boxing and had a creative portmanteau it was definitely not hot a mere three years later. Canadian wunderkind **Ebony Naomi Oshunrinde, a.k.a. WondaGurl**, is only 19, and has already worked with the king of rap, Jay Z. Piloxing needs a young, fresh image and this rising star from Brampton, Ont., could get the hybrid exercise back in the ring.

INSTAGRAM/ WONDAGURL

RADIO

Shad steps down as host of Q

Shadrach Kabango a.k.a. Shad, is stepping down as host of the CBC Radio show Q, the broadcaster announced Monday. His last day as host will be Tuesday, CBC said in a statement that also named his replacement as Tom Power.

Kabango will be pursuing "new creative opportunities" with the CBC said Susan Marjetti, executive director of CBC Radio English Services.

"We are refocusing and reinvesting in Q to ensure it continues to evolve and deliver what our audience wants from CBC Radio's flagship music, arts and cultural program," Marjetti said.

"Tom is a great fit for Q. We look forward to exploring a new show with Shad that plays to his strengths and passion for music. Shad remains part of our CBC family."

Kabango was hired as the permanent host of Q in April 2015 following a search to replace the show's previous host, Jian Ghomeshi. But critics thought his delivery and interview-skills were lukewarm, and the show's ratings were lackluster.

"Well, my time at q has come to a close," said Kabango in a statement. "It's been an honour and a JOY to serve in this role! . . . My relationship with the CBC remains strong."

Kabango says he will also be returning to music. Before joining Q, he was a rapper most famous for beating out Drake to win Rap Recording of the Year at the Junos in 2011 for his album TSOL.

TORSTAR NEWS SERVICE

GET TO KNOW THE REPLACEMENT

Here are some quick facts about Tom Power:

- He's a folkie at heart, having started his career in folk college radio.
- He joined the CBC in 2008 at the age of 21 as host of Deep Roots, becoming the youngest host of a national CBC Radio program since Peter Jennings.
- In 2011, he became the permanent host of Radio 2 Morning, so he's spending the final years of his 20s waking up very early.
- He hails from St. John's and lives in Toronto.
- He's frontman for the Dardanelles who trade in lively traditional music.
- He apparently loves bluegrass, fishcakes and bad jokes. TORSTAR NEWS SERVICE

COURTESY CBC/DUSTIN RABIN

Pelvic problems surprise new moms

OB-GYN ISSUES

Education, physio can help with postpartum complications

Genna Buck
Metro Canada

Laura Foster experienced damage to her pelvic floor after giving birth, but physio successfully treated her issues. CONTRIBUTED

When Laura Foster, 27, gave birth to her daughter Kinsley last September, no one warned her about the less dignified aspects of becoming a mother.

"A couple weeks after I had her, I sneezed when I was sitting on the couch feeding her and I peed myself. I was like, 'Oh my goodness.' Of course my husband starts laughing. I'm stuck in this position," Foster said.

Giving birth can do serious damage to the pelvic floor — the supportive muscles and connective tissue surrounding the bladder, lower intestines, and in women, the uterus.

This can result in all sorts of issues, from back pain to organ prolapse to painful sex, but one of the most common and debilitating is urinary incontinence, which affects about a third of new mothers.

According to Marie-Josée Lord, physiotherapist and past chair of the Canadian Physiotherapy Association's women's health division, there's been a surge of awareness about pelvic-floor issues. However, screening and treatment for them "is not part of standard care."

Usually, Lord said, postpartum incontinence can be successfully treated with physiotherapy (and there's some research to back this up). But physio is not covered by provincial health plans. Many women, Lord added, don't seek treatment at all either because they're embarrassed or because they don't know anything can be done.

On the suggestion of her sister-in-law, Foster found a physiotherapist near her home in Belleville, Ont. who offers pelvic physiotherapy.

When she started treatment she had little control of any muscles "from the bellybutton down."

Having physio on her internal vaginal muscles was uncomfortable, but it worked.

"Basically, after you've had a kid you have no shame. I told her just to do it if it's going to help. She sort of put pressure on (the muscle) to release it. It hurts. It's not a very pretty kind of physio, but it works."

After half a dozen appointments, her incontinence all but disappeared, and she has been able to go back to work early. "I would have been terrified to go back if I hadn't done this," Foster said.

> **A lot of the women out there are starting to talk about this, and you realize there is help.**
> Mother Laura Foster

The extent of the information Foster received from her doctor about pelvic floor health was some pamphlets and encouragement to do kegel exercises.

With only a pamphlet for guidance, around 40 per cent of women do kegels incorrectly, Lord said.

At postpartum visits, busy family doctors and OB/GYNs tend to check on external healing and leave it at that unless women bring up specific issues, Lord said — though that's starting to change.

"I started doing pelvic health 25 years ago. It's a lot better now. There's a lot more awareness among both physicians and women.

"But there's still a long way to go," she said.

She held up France as an example. There, as many as 10 sessions of rééducation périnéale (lady-parts rehab, basically) are automatically prescribed free to every new mother.

Lord didn't suggest Canada should follow suit, but said even one postpartum physio visit to check for any issues and teach the proper way to do pelvic floor exercises would make a huge difference for many women.

Dr. Lynn Stothers, a professor of female urology at the University of British Columbia, said pelvic muscle rehabilitation is effective, and that nurses and doctors can be trained to do it as well as physiotherapists. But, she cautioned, it's not a "cure-all" because incontinence has many causes and can be lifelong.

Foster has been having the conversation with other women that she wishes someone had with her.

"Nobody really tells you this stuff," she said. "I go to playgroups. A lot of the women out there are starting to talk about this, and you realize there is help."

RETAIL

Lululemon having a zen moment

After two tough years, Lululemon Athletica is enjoying a rebound in sales and CEO Laurent Potdevin is optimistic that the company known for yoga wear can keep the momentum going.

Potdevin has set ambitious goals: to double sales to $4 billion by 2020, push innovation in products like swimwear and menswear, add more stores in North America and catch up in e-commerce.

The company is going back to taking risks following a major product hitch in 2013 that cost the company millions and sent the stock tumbling. Lululemon recalled thousands of its stretchy black yoga pants after customer complaints that they were too sheer.

Christine Day, who assumed the helm in 2008, announced she was leaving the company and said it was a personal decision. Then, founder Chip Wilson resigned as chairman after suggesting some women's bodies were not made for Lululemon's clothing.

Potdevin, who took the helm in January 2014, has been rebuilding. The company has relaunched its website. Its clothing is now all electronically tagged,

The Lululemon pant wall. THE ASSOCIATED PRESS

allowing Lululemon to better track inventory and shoppers to use the app to check whether items are in stock at a particular store. Lululemon also revamped its store wall of yoga pants with new fabrics and organized them by how they feel — relaxed, naked, hugged, held-in and tight.

Potdevin recently spoke about where the company is headed.

There are lots of companies jumping on the "athleisure" trend. Aren't you worried?

We are in a very unique position at the intersection of function and fashion. Every piece of product starts with function. If it's not functional, we shouldn't do it. And I think that insulates us from other lifestyle apparel brands. When we look at the brand, the people, the product, the global opportunity, the sky is the limit. We have a massive men's business ahead of us. We can grow multiple categories.

What was your priority when you first came on board?

My very first focus was on rebuilding guest loyalty. A big piece of that was quality. The company had grown very, very quickly. The investment had lagged behind the growth. And so for the first year I was focusing on building the engine that would allow us to handle the complexity of the business and to scale the business. So we invested heavily in our office in Hong Kong and our quality department.

How do you view risks now?

Two and half years ago, as a result of the snafus, there was a bit of a cultural fear ... of not trying new things. And today, we went from playing defence to playing offence, and we are launching new things again.

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France's Florent Manaudou takes part in the Men's 50m Freestyle final at the Rio 2016 Olympics. FRANCOIS-XAVIER MARIT/AFP/GETTY IMAGES

JOHANNA SCHNELLER **WHAT I'M WATCHING**

The people on TV aren't who we are

THE SHOW: Bob Costas's post-gymnastics interview, Rio Olympics, Aug. 9 (NBC)
THE MOMENT: The bodies

NBC sports reporter Bob Costas sits in his Rio studio with the U.S. women's gymnastics team — Simone Biles, Gabby Douglas, Laurie Hernandez, Madison Kocian and Aly Raisman — soon after they won gold, beating second-place Russia by a whopping eight points.

"You are the best women's team in history," he tells them. The young women smile modestly and utter clichés about hard work.

The riveting stuff happens on a screen in the background: images of their impossible exertions. In spangled red and blue, the gymnasts flip on the balance beam, twist high over the vault, hang airborne above the mat. We think of gymnasts as tiny, but these women are made of thick marble — broad of shoulder, bulging of thigh, biceps that would put Popeye to shame.

Ratings are down for these Olympics, and I wonder if the superhumanness of the participants isn't part of the reason. They don't look like amateur athletes any more. They look like a super-race, formed by science into the exact shape required per sport.

This isn't just happening at the Olympics, either — on every channel, the humans look … different. Super-buff Bachelors, female cops with no furrows in their brows, medical examiners whose breasts spill out of their lab coats. The people on TV aren't who we are. They're who we're becoming.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

World gets eyeful of the beautiful bodies of Rio

TRENDS

Brazil a global leader in plastic surgery, cosmetics

Each morning, 75-year-old Jose Rebamar works his biceps, triceps and quadriceps with stone weights at an outside gym that looks out on Rio de Janeiro's iconic Sugarloaf Mountain.

Living in a city of near daily sunshine and warm weather, the ex-Brazilian Navy sailor says there is no excuse to ever slow down. And having the Olympics in town provides even more incentive to stay in shape. Rebamar has been watching the games on television every night.

"If I don't work out one day, I feel like I didn't do anything, like the day didn't happen," he said, interspersing barbell sets with yoga-like stretches.

Visitors to South America's first Olympic games are getting an eyeful of the beauty- and fitness-obsessed culture that is synonymous with Rio, a land of muscle-taxing samba dancing, acrobatic capoeira martial arts and dental floss bikinis and Speedos that reveal more than they conceal. Remember it was Brazil that gave birth to the "Brazilian bikini wax" and even the "Brazilian Butt Lift," a type of plastic surgery that aims to put a little more oomph in your rump.

Jose Rebamar, 75, lifts weights at an outside gym in Rio de Janeiro. With near daily sunshine and warm weather all year, the former Brazilian Navy sailor says there is no excuse to ever slow down. THE ASSOCIATED PRESS

Beauty is also big business here: Brazil always ranks among the world's top-five cosmetic-buying countries. It's also the world's second-biggest consumer of plastic surgery, after the United States. Outside workout areas are ubiquitous, as are specialty shops with names such as "integrated centre for esthetics," which offer everything from nail work to detailed analysis of facial curves to determine the kind of haircut to make people look their best.

"People are running and cycling and working out all over the city," said Imke Bergmann, a 45-year-old nurse from Munich who came to watch the games. "It's impressive."

And of course the glamour craze found its way into the Olympics.

Consider this: Dr. Ivo Pitanguy, one of the world's most-recognized plastic surgeons who helped make Brazil a popular destination for the rich and famous to get work done, carried the Olympic flame on the games' opening day that later lit the cauldron at Maracana Stadium. The next day he died of a heart attack at 93, and Brazilian broadcasters cut away from competition coverage for hours to focus on the life of one of the country's most important personalities.

Or this: Supermodel Gisele Bundchen was a headliner at the opening ceremony, swaggering to The Girl from Ipanema, the famous Brazilian song that, you guessed it, is about falling in love with a beautiful girl at the beach.

Away from the venues, there is plenty to gawk at. On Copacabana Beach, men with muscles out of an anatomy book play pickup soccer games while women sunbathe the way a rotary chicken gets cooked. In neighbourhoods like Leblon, Rio's most expensive locale, men and women draped in designer threads strut around as if they were heading to a Vogue cover shoot. "I think I need to get into the gym," joked Ed Bai, a 48-year-old physical education teacher from Los Angeles, branding the beach scene in Rio "incredible."

> **Beauty is synonymous with social mobility**
> Plastic surgeon Dr. Carlos Alberto Jaimovich

Dr. Carlos Alberto Jaimovich, co-director of the Brazilian Society of Plastic Surgery, said the country's obsession with beauty is driven by many factors: a tropical climate where it's simply more comfortable to wear less, and a show-all media environment that includes magazine covers plastered with the nearly naked and always buff. Attractiveness is also equated with class in Brazil.

"Beauty is synonymous with social mobility," he said.

Last year, Brazil ranked second behind the U.S. with 1.5 million plastic surgeries, the majority for esthetic reasons.

For tourists to Rio, the people-watching can be nearly as entertaining as the Olympic competitions. Taking in a recent beach volleyball match between Argentina and Brazil, Daniel Kuenge was awe-struck by the "tremendous six-pack abs" on display before him. But his wonder went beyond the Olympic venues.

"I do a lot of sports, so I'm in pretty good shape," said Kuenge, a 64-year-old businessman from Switzerland. "But seeing all these beautiful bodies in Rio makes you think: What else could I be doing?" THE ASSOCIATED PRESS

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Moving into your first dorm

ISTOCK

It happens every year, says Simon Wilmot. A student arrives to their campus residence without bringing their own bedding, and chaos ensues.

"It's stressful when students show up and it's too late to get additional things like that," says Wilmot, the residence life coordinator at McMaster University. "Bedding is a big one."

The move to a university or college residence can be a major one for many students, particularly those leaving behind their childhood homes for the very first time. And with so many things on that soon-to-be solo student's mind, a suitcase packed at the eleventh hour will inevitably lack a few forgotten fixtures from home.

"The first thing I think it's important to remember that residence rooms can be personalized," says Wilmot. "So remember to bring along photos of friends and family — this can help combat homesickness."

"I'd also advise new students to bring along a few items of clothing that they don't mind getting damaged or ruined," he says, reminding that welcome week activities often involve a healthy dose of messy, outdoor mayhem.

Former residence assistant Jessica Sutherland emphasizes that it's important to remember the humble square footage of the average dorm room when packing for the move.

"Try to find a good closet organizer because you don't have a lot of space," says the University of Western Ontario graduate. "If you can organize your items vertically it will help you out a lot."

She adds that extra power cords, an electric kettle and good shower caddy are items that can forgotten in the scramble.

Jordan Carson, social media coordinator for residence services at the University of Alberta, reminds that while shower shoes, a small fan and simple decorations should be checked off on any student's 'must-bring' list, there certain items that must be left at home.

"Always be sure to check with your school housing office to learn in advance what not to bring as well as what's allowed," he says.

McMaster's Simon Wilmot echoes that sentiment, saying that although campus policy documents are often long and detailed, it's important to give them a thorough once-over before sealing up your Samsonite.

"Many universities have differing policies, so read the information carefully," Wilmot says. "An outside fridge might be OK at one school, but the family parakeet, for example, may not go over so well."

Learn how to be on the safe side

Help your community become a safer place through one of the many security-related programs offered at Columbia College.

"Security is an industry that never sleeps; there are almost always jobs available either full time, part time, evenings, weekends, etc. and we are seeing an increase in available jobs in the investigator industry as well," says Laura Trettwer, program coordinator, Columbia College.

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Students of these programs will learn the various responsibilities and duties of being a security professional or investigator.

This will include but is not limited to an introduction to the industry, Criminal Code of Canada, Charter of Rights and Freedoms, communication, report writing, dealing with emergencies, and health and safety.

For anyone wishing to work in the security services industry including security guard, loss prevention worker, patrol dog handler, executive protection, alarm responder and professional investigator, it is required to attend mandatory training, write a provincial exam, and obtain a license to work in any of these areas.

Columbia College has ongoing security training available in the classroom every two weeks Monday to Friday, and once a month on Saturdays and Sundays for three weekends.

For more information about the security department and the programs offered, visit columbia.ab.ca.

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Profs launch book about democracy and education

Not only does the bachelor of education program at St. Mary's University boast a high calibre level of education with a track record of producing many successful graduates, but it also offers instructors who are now published authors of a new book called Teaching for Democracy in an Age of Economic Disparity.

"The problem of economic inequality has been receiving increased attention of late, so we felt that the role of democratic education needed a fresh look," says Dr. Cory Wright-Maley, assistant professor, and Dr. Trent Davis, associate professor, Faculty of Education, St. Mary's University, and authors of Teaching for Democracy in an Age of Economic Disparity.

Wright-Maley and Davis are two of four full-time faculty members teaching in the faculty of education at St. Mary's University.

Wright-Maley teaches courses in curriculum and teaching, with a specific interest in the social studies, while Davis focuses on the philosophy of education, especially in the areas of politics and ethics.

"It is hard not to feel that at this critical historical juncture, where there has never been so much wealth in the hands of so few, and so many other people are really struggling to just make ends meet, that we need a careful re-examination of what we want from democracy and how education can best support that vision," they say.

"This is particularly true in cases where wealth skews the political process either in terms of political contributions or access to those in power. In this new political landscape, we need to consider new ways to teach our youth how to engage effectively in contemporary democratic systems."

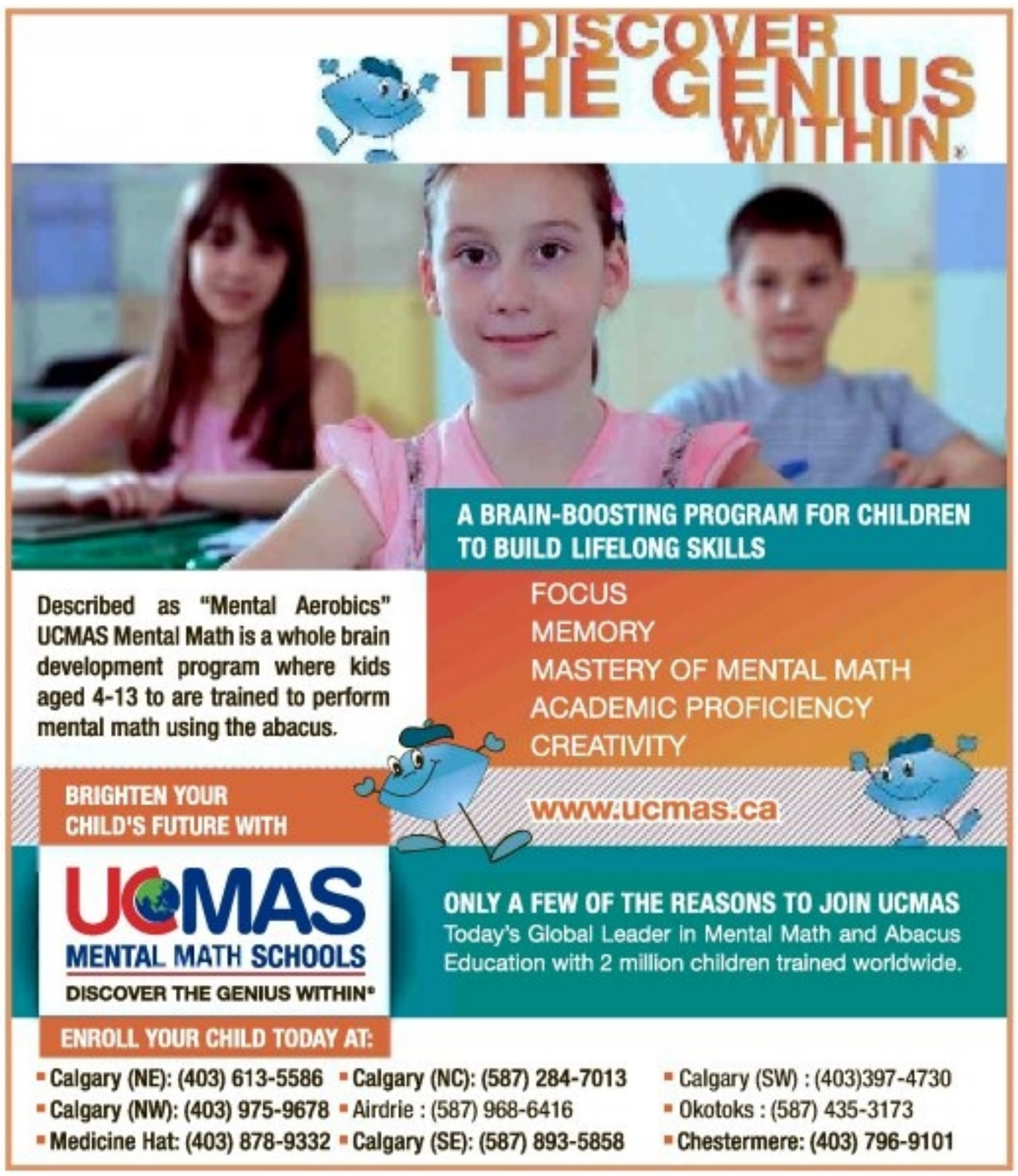
The book was released last month and is available now from Routledge.

"In the end, we hold the modest hope that our book will contribute, in however small a way, to an ongoing and necessary discussion about the role of democratic education in fostering strong(er) communities and citizens who are more actively and meaningfully engaged and involved in our democracy," says Wright-Maley and Davis.

St. Mary's professors and co-authors Cory Wright-Maley, left, and Trent David. CONTRIBUTED

"We hope you'll read it and help take part in a wider conversation about democracy and education in Canada and beyond."

For more information about the bachelor or education program at St. Mary's University, visit stmu.ca.



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According to the Government of Canada, an accounting clerk in Alberta can make a median wage of $21.63 per hour, according to jobbank.gc.ca.

Software skills are an important part of the job. Luckily, if you'd like to have a better grasp of these, you can get up-to-date software skills through a reputable educational program.

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of the career. As an accounting and payroll administration professional, you'll be an important member of your team, working closely together to problem-solve.

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Accounting goals within reach thanks to flexible course schedule

After moving to Canada from Moldova, Jaclina Negura knew she would need to further her education to make her dreams a reality.

As a university graduate with a bachelor degree in accounting and auditing from her home country, she started to do research on different courses and programs that would allow her to reach her goals in Canada.

"Once I figured out that I wanted to pursue same field in accounting and payroll, I then started to look for schools that could accommodate my situation," says Negura, student of the computerized payroll accounting program at Academy of Learning Career College.

"Being on my own, I needed to work full time as I studied — Academy of Learning really got my attention due to the flexible schedule."

Negura says the admission advisor was very welcoming, listened to her needs and provided her with the necessary information to make an informed choice of the career.

"All the staff are very supportive and caring about my success and personal goals," says Negura.

ISTOCK

For Negura, the Integrated Learning™ System used by the Academy of Learning College enabled her to learn so much more than she expected.

"Because I did well in my courses (97 per cent average) and learned valuable skills that will serve me well in any job or position, my future looks brighter on the career front, and I thank Academy of Learning and staff for all that," says Negura.

For more information, visit academyoflearning.ab.ca.

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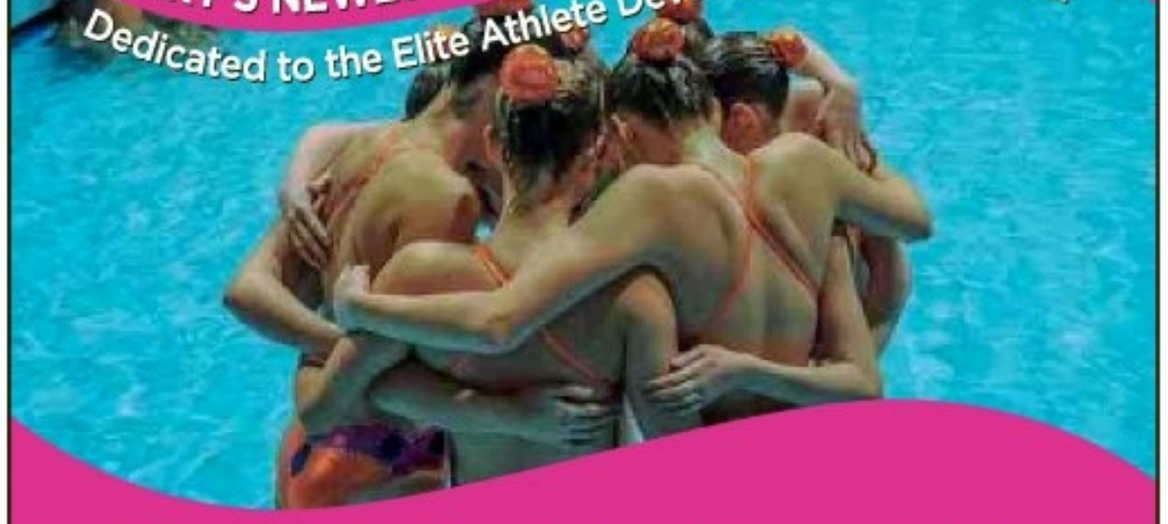

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Time to recharge! Wake up your back-to-school brain

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Relaxation has reigned supreme for you this summer. You've beached and barbecued and basked in the sun, and along the way you've let your mind melt down to a fine moosh. But lo and behold your course schedule has arrived in the mail, reminding you that in only a few weeks your noggin will be kicked into overdrive.

So how will you possibly get your head in the game when your feet have been firmly planted in the neighbourhood pool?

"I would start by getting out of a routine and experiencing different sensory things," says Laura Mitchell, director of the Student Success Centre at Concordia University. "Interesting food experiences, a museum, listening to great music. Just engaging your brain again."

Mitchell adds that even making your way to the local pub can provide a cognitive experience on its own.

"Instead of using a GPS system, find the place you're heading to using a map," she says. "And ditch your phone calculator when you're figuring out the tip. Do the math yourself."

Joana Londono, a learning strategist at Ryerson University, emphasizes that reading through your course material in depth can provide a pivotal push when a soon-to-be-student is still in summer mode.

"Someone once told me that course outlines are the road maps to the rest of the term," says Londono, who adds that the documents are often overlooked. "This is an exercise I always do with returning students — we go through the outline together and discuss expectations and objectives for the school year.

And if a student has the ability to do so, a visit to campus before the big return can provide a refreshing dose of reality.

"If they've has been away or have been out of town, arriving a few days before class starts is helpful," says Londono. "This will give them a chance to reconnect with the campus, get over any jet lag and get back into an early wake-up schedule."

And if all else fails to light a fire in your academic belly, Laura Mitchell encourages post-secondary students to pick up the phone and call a pal.

"Think about what you need to do this year and share those thoughts with someone else," says Mitchell. "Like a diet, we often do better with our goals when others know about them."

And one last tip to get the summer brain buzzing again?

"Brush your teeth with your left hand," says Mitchell. "Anything that shakes you up."

Raj Sewak. CONTRIBUTED

Boost your kid's brainpower to set them up for success

UCMAS Mental Math Schools equips students with the skills they need to improve overall academic achievement and to confidently meet life's challenges and achieve greatness.

UCMAS is a child development program based on Mental Math and the Abacus that boosts brainpower in children aged 4-13.

"There is no other program like ours that is developing both hemispheres of brain," says Raj Sewak, Master Franchise for Alberta.

"We mainly focus on developing right hemisphere of the brain which is much faster than left brain and kids can do mental math faster than calculator."

Along with strengthening math skills, the UCMAS approach promotes whole brain development and establishes foundational building blocks like memory, concentration, creativity and problem solving — core skills that inspire greater confidence and success in all subject areas and in life.

"This program benefits students by improving their life long skills which helps them in their academic careers and beyond," says Sewak.

The whole program is divided into eight to 10 levels based on the age of the child. It takes three to four years to complete the program.

"Any skill development takes time and parents can start seeing results in nine to 10 months," says Sewak.

"Parents find that their kids are more focused and listen better and are ahead of students in their class."

Classes every month and classes are capped at 10 students per class to allow maximum attention.

For more information about UCMAS, visit ucmas.ca

Match health care growth with career as an aide

Robertson College is continually keeping up to date with industry standards and market needs and one industry where skilled and knowledgeable graduates are constantly in-demand is in the field of health care.

Through the health care aide program at Robertson College, individuals can train to enter this field in just 22 weeks.

"Robertson College provides a great educational opportunity for anyone who is interested in a health care aide program," says Ruth Rosvold, health care coordinator, Robertson College, Calgary Campus.

Robertson College offers HCA students the Government of Alberta curriculum and also offers extra workshops to enhance learning.

This certificate program combines theory and practical training to equip graduates for positions as health care aides, home care attendants, home support workers or personal support workers.

The increasing focus on in-home support and assistance for the ailing, disabled, elderly, or families along with the development of seniors/assisted living and supportive care housing facilities has created career opportunities in this field.

The HCA curriculum is divided into seven courses that include; working safely and effectively as a HCA, communication the health care environment, structure and function of the human body, providing client care and comfort, meeting complex care needs, assisting with medication delivery, and special activities for diverse clients.

Along with the above courses, Robertson offers 12 additional workshops, as well as supportive pathways, a dementia care workshop.

A six-week practicum is also included in this program.

"This practicum will give students a chance to put their newly acquired skills to work in a "real-world" environment while gaining valuable experience," says Rosvold.

Robertson College offers various levels of support throughout a student's program, including career services after graduation.

Robertson College has a lifetime commitment of career services for alumni throughout their job search.

They also have continuous intakes in many of their other programs, including business, health and IT, with flexible schedules for most programs, which include morning, evening, weekend, and online classes.

On Oct. 5, Robertson College will be holding a career fair, with registration now open for all vendors on the Robertson College website.

CONTRIBUTED

To learn more

For more information about this program, visit robertsoncollege.com.

Recovered addict achieves dream of helping others

As someone who has battled his way through recovery for the past 24 years, Peter Sheridan is using his own experiences to help others in their own battles with addictions.

Having worked as a volunteer with recovering alcoholics and addicts for about 20 years, Sheridan decided pursue this work on a more professional level and decided to enrol in the addictions study course at Mount Royal University (through the Faculty of Continuing Education and Extension).

"My life's experiences and learning have brought me to where I am today," says Sheridan.

"It seems that life experience is a good teacher if you choose to learn from them."

Sheridan completed the addictions study course in November 2015 and continues to work as a case manager/counselor for the Calgary Drug Treatment Court.

"It is very gratifying work, being part of the many transformations that happen." Sheridan started out his adult life as a member of Royal Canadian Mounted Police stationed in Saskatchewan, and continued to live there after he left the force.

"I have done many things since but always working with people in their addiction," says Sheridan.

"These experiences brought me to my current position — a dream come true — with the Calgary Drug Treatment Court."

He says this course is great for anyone who has family members who struggle with addiction.

"Addiction is a family disease and a disease that a lot of people do not understand. This course will help with that understanding," says Sheridan.

"You will learn why your loved ones in addiction do certain things, and why they act the way they do."

For more information about this course, visit conted.mtroyal.ca/addictions.

CONTRIBUTED

CONTRIBUTED

Weight lifter pumped about starting fitness company

When Bryce Krawczyk began weight lifting, he knew he wanted to pursue it as a lifestyle and a career.

"I worked as a body piercer, bartender, played in metal bands and toured, studied film, and studied anthropology on my way to finding a real path where I felt fulfillment," says Krawczyk.

"When I found fitness and strength training, I knew I belonged and had found what I was looking for."

Wanting to create an atmosphere where he could help train competitive athletes, he decided to start his own company in 2014 — so he enrolled in the personal fitness training diploma at Mount Royal University (through the Faculty of Continuing Education and Extension).

"This program helped me make some of the connections that were essential in getting my start," says Krawczyk, who graduated from this program in June 2014.

"I networked with many up and coming professionals and academics, as well as received a great deal of hands-on experience with what it takes to start up a business, and specifically in the fitness industry."

He says he also credits much of his success to the detailed, yet applicable anatomy and physiology learned throughout the course.

Since completing the program Krawczyk has continued to grow his successful business — Calgary Barbell (who make their home out of The Strength Edge) — and as an athlete himself ,as he has recently placed second at the IPF World Championships.

"I would not trade my experience at MRU for anything — it truly shaped me in many ways, both professionally and personally," says Krawczyk.

To learn more

For more information about this program, visit conted.mtroyal.ca/pft

How to gain the confidence to be a health care aide

It is easy to underestimate the value that a health care aide can bring others.

While it can be a thankless job at times, helping others is always a rewarding career.

Health care aides work hard to make a difference in patient's lives, not only to assist with their needs, but also while getting to know them personally as more than just patients.

A health care aide is an all-encompassing assistant for patients and other care workers.

With the health care aide training through ABES (Alberta Business and Educational Services), individuals can become fully qualified to work in a hospital, nursing home, group home, care facility in just 21 week.

ABES works directly with local employers to gain a complete understanding of what they look for in a candidate in a personal care attendant in Calgary.

They then include specialized training in their courses to equip students with all the tools they will need to succeed.

Through this program, students will earn the Government of Alberta health care aide certificate to qualify as a Calgary health care aide worker.

Graduates of this program will also leave the program with a number of other certifications related to the health care field.

These comprehensive certifications, as well as the senior care course, will ensure students earn all the necessary qualifications needed to work at any location choose.

ABES uses an effective combination of classroom instruction and hands-on clinical training to give graduates the confidence and experience they need to enter the workforce.

By the time students graduate, they will have completed at least three clinical rotations arranged throughout the program.

Recent graduate Juvylyn Noche says this program really helped her to gain the confidence she needed to enter the workforce.

"ABES has built a positive environment — everyone was kind, especially the coordinator and staff," says Noche.

"They're really helpful and they show compassion with the things they do."

For Noche, this caring environment was important to her success during her time at ABES.

"What I love the most about it is how they encourage everyone to be kind and to respect each other," says Noche.

"They showed me how kindness can change a bad situation to a good one."

To learn more

For more information about this program, or ABES, visit abes.ca.

CONTRIBUTED

WHAT I LOVE THE MOST ... IS HOW THEY ENCOURAGE EVERYONE TO BE KIND AND TO RESPECT EACH OTHER

– Juvylyn Noche, recent ABES graduate

CONTRIBUTED

Whether you are mid-career or at the beginning of your career, the business administration diploma program developed by ABM College is designed to help you gain the necessary skills and knowledge that the employer desires.

"The diploma program prepares the students for the competitive business world using the enhanced classroom discussions, case studies, team projects and presentations," says Sharmin Surani, career counselor, ABM College.

"Students broaden their knowledge and sharpen their skills as the program focuses on critical and strategic thinking skills."

The core program courses include; accounting, organizational behavior, entrepreneurship, business law, marketing, and human resources.

This will allow students to work in a variety of careers, including careers in marketing, logistics, business associates, human resources, accounting, administrative, and banking, but the skills they learn in this program may also apply to a number of other industries as well.

"Graduates can expect to be more knowledgeable about the real-business environment and tackle organizational opportunities and problems," says Surani.

ABM College offers students flexible evening classes, career advising services, personalized attention due to small class size, friendly and supportive staff including career services and over all an enriching educational experience.

The next start date for this 51-week program is September.

The program is delivered through an in-class format and runs in the evenings from 5:30 p.m. until 9:30 p.m.

For more information about this program, visit abmcollege.com.

Dive into synchro for benefits that apply out of the pool, too

School's not the only thing that's about to start in September. Athletic programs of all types kick into high gear soon and the head coach of Calgary Elite Synchro says that parents and youth may want to look to the pool for a sport that's much more than it seems.

"There's a misconception that synchronized swimming is a bit of a focused, niched skill set," Kim Hurtig said. "It's a sport that incorporates all different types of disciplines ranging from ballet to flexibility and swimming.

"A lot of what you learn is applicable outside of the pool."

Hurtig explained the flexibility required in synchro in turn helps injury prevention. Participants also do ballet bar-style dryland training. And there are a number of mental benefits that come from the discipline.

"You learn to understanding music, there's the team aspect, and there's the focus that comes from participating," Hurtig explained.

These skills also translate to the classroom. "They learn goal-setting and they learn to schedule practices, assignments, and studying," she said. "Busy people tend to be more organized."

CONTRIBUTED

There are various levels of synchro offered at the school. The competitive streams start up in September and recreational programs are offered all year round. You don't have to be an expert swimmer to participate; being able to swim 25 metres is a good baseline for novice members. And, as Calgary Elite Synchro is a boutique club, its smaller size allows for more individual attention.

For more information, please visit calgaryelitesynchro.com.

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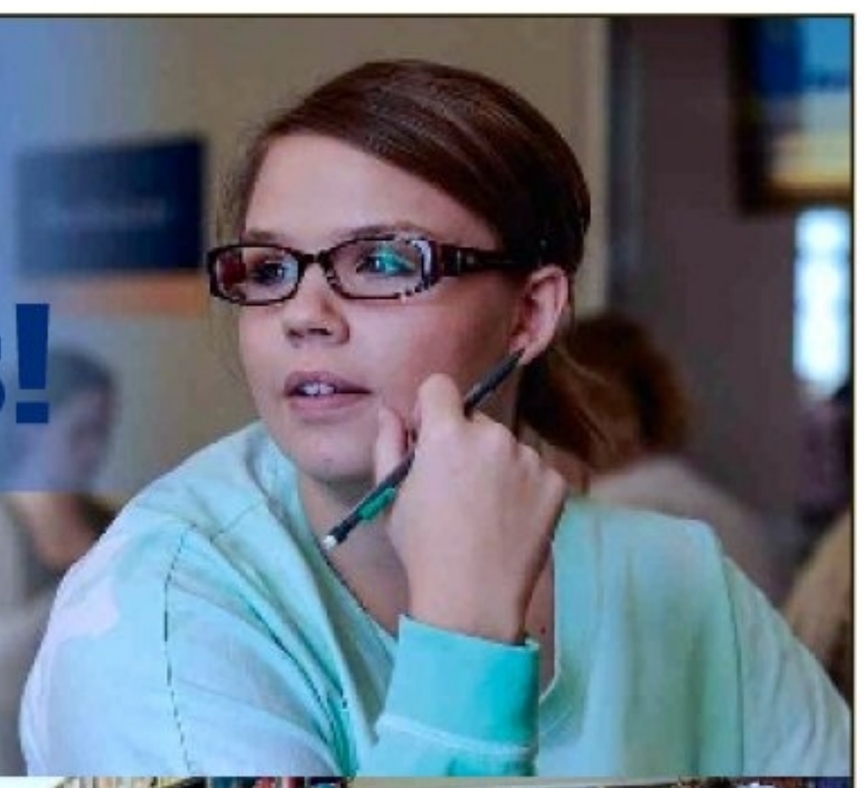

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metro RIO

Canadian open-water swimmer Richard Weinberger's remedy for illness-causing bacteria: a mild antibiotic and a few sips of Coca-Cola

Coach preps players for battle

RIO2016

Canadian soccer team to get pep talk from MMA star

When Canada's women's national soccer team readies for Tuesday's Olympic semifinal (3 p.m. ET, CBC), coach John Herdman will unspool a pre-match message from a Canadian sporting legend.

Georges St. Pierre, the UFC fighter, will offer words of inspiration via video in the moments before the Christine Sinclair-led squad takes on Germany for a berth in Friday's gold-medal game, the coach said. Herdman, an aficionado of the mixed martial arts, arranged the pep talk because he loves the blood sport's lessons of passion and perseverance. He said he's been exposing his team to occasional doses of UFC footage "whether they like it or not."

And the message has been received by the players, albeit while sometimes watching through fingers.

"We definitely have taken the message away, while maybe not enjoying the face-smashing quite as much as John does."
Shelina Zadorsky

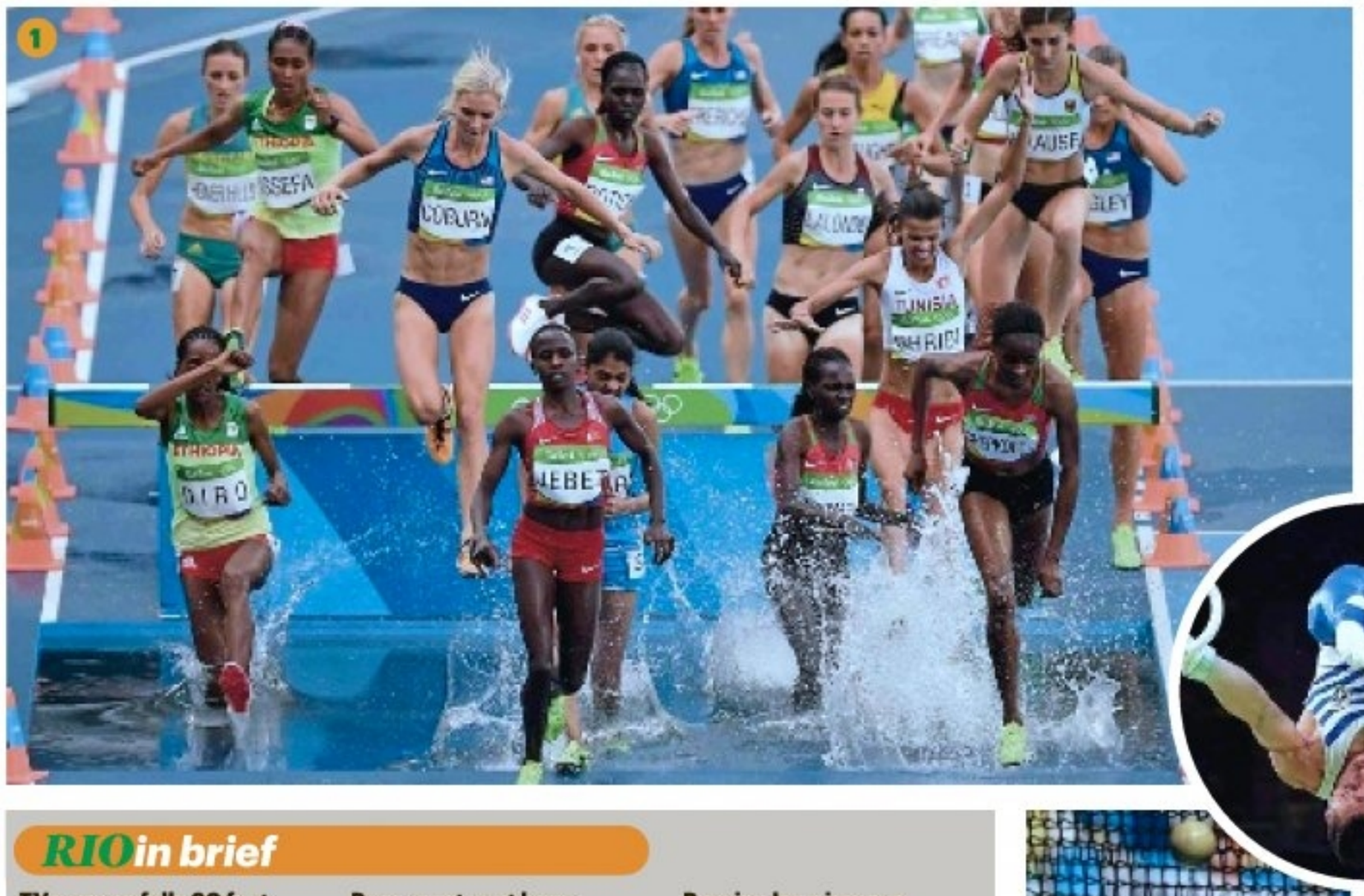
"To be honest, UFC makes me cringe a little, so I look away sometimes. But it's the mindset he's trying to teach us," Canada goalkeeper Stephanie Labbe was saying Monday. "It's the idea that whoever you're stepping out there against on any given day, you have to have the belief you can beat them. And this team — we have that right now."

Why shouldn't Canada have it? With a flawless 4-0 record at these Olympics, including a group-stage win over the Germans, they find themselves with two games remaining in a five-ringed journey around Brazil that's been magical to watch. A win Tuesday against Germany means they play for gold in Rio on Friday. A loss, and it's Friday in Sao Paulo for a chance at repeating as bronze medallists.

If Herdman spent part of Monday's news conference trying to position his team, ranked 10th in the world, as rabid underdogs against the No. 2 Germans — framing the opponent as a "juggernaut" and insisting "it's theirs to lose" — the coach allowed that his team's success, after a revamp that layered youth beneath a proven core, isn't exactly unforeseen. (To that end, German coach Silvia Neid insisted Canada "should be the favourite.")

Said Herdman: "Quietly, behind the scenes, we knew what we were capable of. We weren't going to say that publicly. But we knew this team could push. We had a four-year plan in place.... And we're starting to see the fruits of that, for sure."

TORSTAR NEWS SERVICE



1 Bahrainian bounce — Ruth Jebet captured Bahrain's first-ever gold medal after winning the women's 3,000-metre steeplechase in a time of 8:59.75 on Monday. SHAUN BOTTERILL/GETTY IMAGES

2 Coming up short — Toronto pole vaulter Shawn Barber failed to duplicate his success from the 2015 world championships and Pan Am Games — where he left with golds — as he failed to win a medal. Brazil's Thiago Braz da Silva set a new Olympic record (6.03 metres) for the victory. FRANK GUNN/THE CANADIAN PRESS

3 Lord of the rings — Eleftherios Petrounias won in men's rings for Greece's second gold medal of the Games. LARS BARON/GETTY IMAGES

4 Laying down the hammer — Poland's Anita Wlodarczyk set a new world record of 82.29 metres en route to winning the women's hammer throw. ADRIAN DENNIS/AFP/GETTY IMAGES

RIO in brief

TV camera falls 60 feet, injures seven people

Seven people were injured Monday when an elevated television camera plummeted more than 60 feet to the ground in the Olympic park outside the basketball venue in the latest in a string of mishaps at the Rio Games.

The Olympic Broadcasting Service said two guide cables on its camera snapped, causing it to fall to a lower concourse that feeds into the basketball stadium. TORSTAR NEWS SERVICE

Poor sport sent home

The Egyptian judo athlete who refused to shake his Israeli opponent's hand after losing a first-round heavyweight fight was sent home Monday.

The IOC called Islam El Shehaby's conduct following his loss on Friday to Or Sasson "contrary to the rules of fair play and against the spirit of friendship embodied in the Olympic values."

Sasson went on to beat Cuba's Alex Maxell Garcia Mendoza for the bronze medal. THE ASSOCIATED PRESS

Russian long jumper cleared to compete

The lone Russian track and field athlete at the Olympics has won her appeal to compete in Rio.

The Court of Arbitration for Sport ruled early Monday that Darya Klishina is eligible to take part in Tuesday's long jump qualifying because she has been based outside of Russia for the last three years and has been subjected to regular drug testing.

Klishina placed 10th at the 2015 world championship with a jump of 6.65 metres. THE ASSOCIATED PRESS

metro SPORTS

The Cubs apologized and fired an employee for playing The Prodigy's Smack My B---ch Up when Aroldis Chapman left the mound Sunday

Agony as currents of time catch up with Oldershaw

RIO2016

Veteran can't find answer as world paddles away from him

After 900 metres Mark Oldershaw's muscles were howling, but that's when he does his best work.

He digs through the water in his canoe and he finishes. He was in second place with 250 metres to go, a little more than a quarter second off the lead, and the final was in front of him. Oldershaw put his head down, and thought, "I'm not going to leave anything to chance."

And when the 33-year-old looked up, he was done. In the men's 1,000-metre canoe sprint, Oldershaw finished fourth in his semifinal, and failed to advance. He won bronze in this event in London, four years ago.

This time, he got passed. He rolled his wide chest onto the dock and lay there for a minute, then walked heavily down the dock. Tough day.

"Yeah, I knew it was going to be hard to make the final, honestly," said Oldershaw, who has the 200 still to race.

"It's a lot deeper field than it was in London ... and it just made it tough to crack the final. I still feel like if I lined up in the final that I'd have a shot at a medal, but I think that's how deep the field is, and I just wish I could be a part of it.

"So, I gave it everything I had today, and it just wasn't good enough."

Mark Oldershaw reacts after missing out on a spot in the final. LUCAS OLENIUK/TORSTAR NEWS SERVICE

"Just not quite good enough," echoed his father Scott, Canada's head coach. "Everything went to plan until about 75 metres to go and I've never seen him — he didn't die — I've never seen him stall out at that point of a race ever. I really don't know why. He made a move at 200 where he usually goes, and I thought everything was good."

> I still feel that if I lined up in the final, I'd have a shot at a medal but I think that's how deep the field is. Mark Oldershaw

Things hadn't been good for most any Canadians on the water at the Lagoa. KC Fraser of Oakville, Ont., and Genevieve Orton of Lake Echo, N.S., didn't make the final in the 500-metre women's double kayak event after finishing fifth in their semi.

And in the women's 200-metre kayak semis, Quebec City's Andreanne Langlois will also have to settle for the B side after a fifth-place finish.

It was a tough day. For Oldershaw it came after a tough year. His first child, a daughter with former Canada swimmer Annamay Pierse, came three months early last year; it was terrifying, and they all fought through it. He felt good coming here. He was ready.

And then the world paddled away from him. Tough day.

TORSTAR NEWS SERVICE

END OF THE LINE

Curtain comes down on van Koeverden's career

Four-time Olympic medallist Adam van Koeverden was eliminated with a sixth-place finish in the semifinals of the kayak single 1,000-metre race.

The Oakville, Ont., native advanced from the heats on a sweltering Monday morning at Lagoa Stadium. He couldn't recover from a tough start in the semifinals, winding up sixth and out of contention for a medal.

"Am I satisfied with my race? No. Am I satisfied with my performance? No," said van Koeverden, who won gold and bronze in 2004 before back-to-back silver medals in 2008 and 2012. "I'm so grateful for another opportunity to race for Canada." THE CANADIAN PRESS

IN BRIEF

A-Rod will sit for season

Alex Rodriguez says he won't play again this season.

The three-time AL MVP was released Saturday by the New York Yankees, who owed him about $27 million for the rest of his contract, which runs through 2017.

"I want to put all this talk to rest about Alex playing for any team this season," Rodriguez's spokesman Ron Berkowitz said in a statement Monday. THE ASSOCIATED PRESS

Green grinds down Jays

Chad Green struck out 11 in six dominant innings, Aaron Judge delivered again with an RBI double and Dellin Betances escaped a ninth-inning jam, leading the New York Yankees over the Toronto Blue Jays 1-0 on Monday.

The Yankees won for the fifth time in six games. They dropped Toronto percentage points out of first place in the AL East and pulled within 5-1/2 games of Baltimore. Green (2-2) was in complete control. He gave up two hits and outpitched R.A. Dickey (8-13). THE ASSOCIATED PRESS

Senior Sauers wins in Ohio

Gene Sauers closed with a 1-under 69 and took advantage of another collapse by Miguel Angel Jimenez to win the rain-delayed U.S. Senior Open on Monday for his first senior victory.

It capped a remarkable comeback for the 53-year-old who nearly died after being diagnosed 10 years ago with Stevens-Johnson syndrome, a rare disorder of the skin and mucous membranes that causes the skin on his extremities to burn from the inside out. THE ASSOCIATED PRESS

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5 COLLEGE FOOTBALL GAMES THAT MUST NOT BE MISSED

If you can only watch five games this college football season, well, you should probably consider changing jobs or something because that is no way to live. If that truly is your plight, though, we're here to help. Out of the more than 700 FBS regular season games scheduled to be played this year, these five will have the greatest impact on which teams reach the College Football Playoff. THE CANADIAN PRESS

GETTY IMAGES

1 Oklahoma vs Houston

The "neutral site" is about a 10-minute drive from the Cougars' campus, but expect plenty of Sooners support at the home of the NFL's Texans. The stakes are high for the Sooners, but Oklahoma can slip here and recover to make the playoff. This nonconference game makes the list because of its importance to Houston and the American Athletic Conference. If Tom Herman, above, and his team pulls the upset, it could vault the Cougars and by extension the entire AAC into the playoff conversation. **at NRG Stadium in Houston, September 5**

GETTY IMAGES

2 Clemson at Florida State

The winner of this game has won the last seven Atlantic Division titles and as Jimbo Fisher and Dabo Swinney have grown their programs into national title contenders, it has become one of the most significant rivalries. In each of the last three seasons, the winner has gone into the postseason with a chance to win the national championship. There is a possibility both the Seminoles and Tigers could be playoff teams in 2016, but only one can win the ACC and this showdown in Tallahassee could end up being a playoff elimination game. **October 29**

GETTY IMAGES

3 Alabama at LSU

Since the Tigers' 9-6 Game of the Century victory in 2011, the Crimson Tide has won five straight in the series. As Ole Miss can attest, beating Alabama does not guarantee an SEC West championship. But no SEC West team has won the division in college football during Nick Saban's time at Alabama without beating the Tide. Can Alabama's defense derail a second consecutive Leonard Fournette, above, Heisman Trophy campaign? Can the Tigers keep the Tide from a third straight playoff appearance? **November 5**

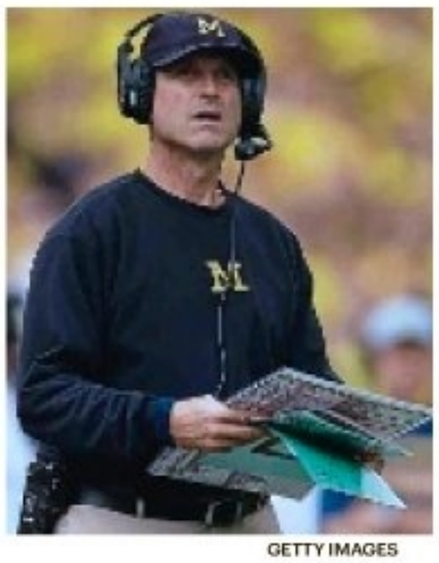
GETTY IMAGES

4 Stanford at Oregon

The Ducks (two) and Cardinal (three) have won all the Pac-12 titles since the conference broke into divisions in 2011. The twist last season was Oregon won the head-to-head meeting and probably spoiled Stanford's playoff hopes, though the Cardinal still went on to win the conference. The Pac-12 could be looking at another season with a two-loss champion. And Washington might very well have a say, for once, in who wins the North. But until proven otherwise this is the Pac-12's most important and, above, exciting game. **November 12**

5 Michigan at Ohio State

Michigan State fans, feel free to be a little slighted — the Spartans have won two of the past three Big Ten titles, after all. That said, the second showdown of Jim Harbaugh, right, and Urban Meyer sets up to be the first of many to decide the Big Ten East, and send the winner to Indianapolis looking to win not only a conference title but a spot in the playoff. **November 26**



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RECIPE Cobb Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This twist on the diner classic swaps feta for blue cheese but the whole salad can be freestyled to suit your tastes (and what's in the fridge!).

Ready in 30 minutes
Prep time: 15 minutes
Serves 4

Ingredients
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 2 Tbsp olive oil
- 1 tsp salt
- 1/2 tsp pepper
- 2 chicken breasts
- 6 bacon slices
- 4 oz feta, crumbled
- 1 avocado, diced
- 2 tomatoes, diced
- 1 head of romaine, thinly sliced

Directions

1. Whisk together garlic, thyme, vinegar, oil, salt and pepper. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Sautée bacon until crisp. Drain on a paper towel. Cut or crumble into pieces.

3. Grill chicken on top rack of oven at 475 degrees until cooked, about 5 minutes a side depending on the thickness. Allow meat to rest a few minutes and then slice across the breasts to make thin strips.

4. Arrange lettuce on a large platter. Now layer your ingredients in stripes across the lettuce. Serve with the salad dressing of your choice.

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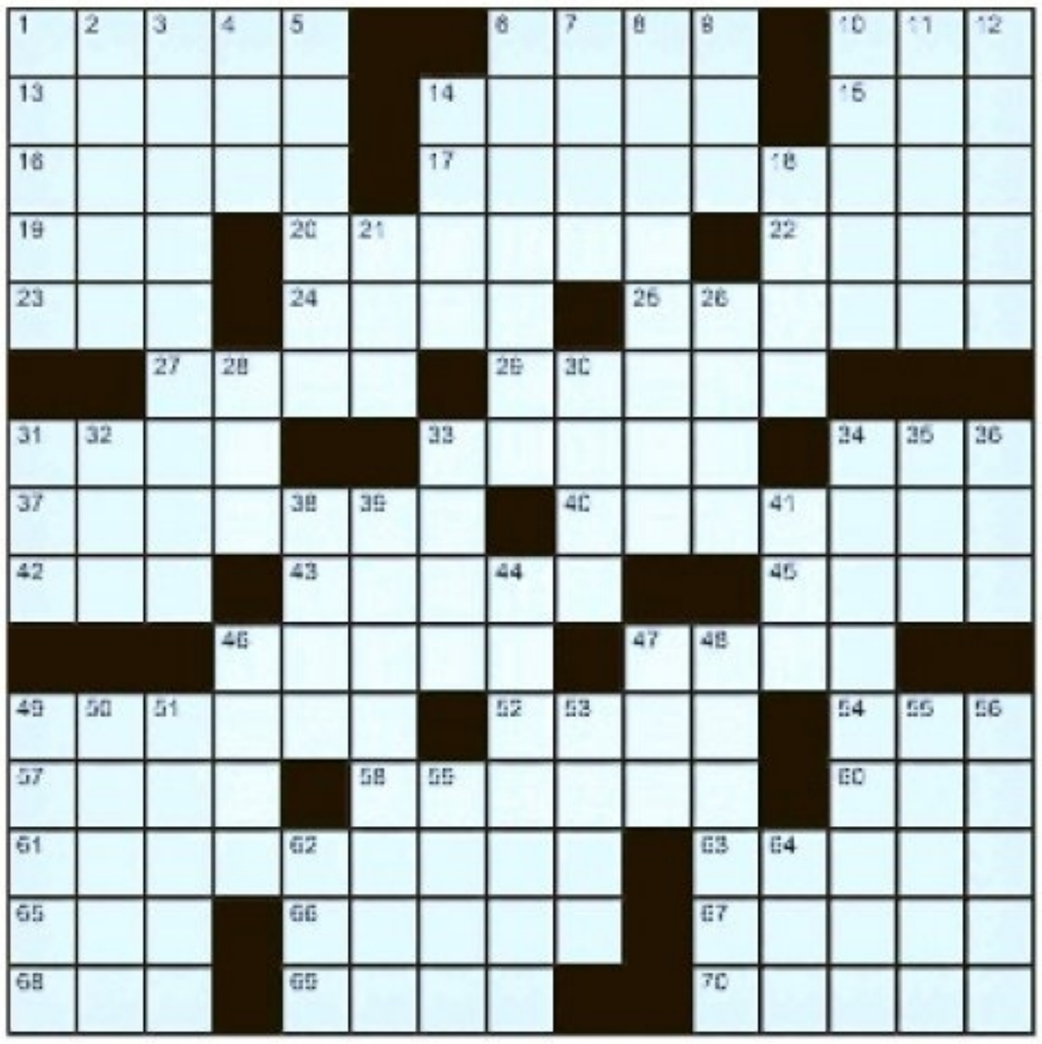
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: _ Volleyball
6. "Be-_-_-Lula"
10. $20s-spewing source
13. Cop _ _ (Bargain in court)
14. Pave anew
15. French vineyard
16. Port city in northern Brazil
17. RIO 2016: Olympic island nation
19. Yes
20. Greek Myth: Snake-haired Gorgon
22. Single occasion
23. RIO 2016: Tel Aviv's country, IOC-style
24. "Wyatt _" (1994)
25. Lumberjack
27. RIO 2016: Rower's needs
29. Curls
31. Dull noise
33. Skirmish
34. Mr. Bachman
37. RIO 2016: Rio de _
40. RIO 2016: Olympic country of the Atlas Mountains
42. 16th-century English dramatist, Thomas _
43. RIO 2016: Like #1-Across' playing surface
45. Showy flower
46. Tropical bean tree
47. Spanish 'island'
49. _-_ chalet
52. Russian river
54. Sugar amt.
57. Declared
58. Newfoundland: Bell Island town
60. "Yoo-_!"
61. RIO 2016: Athletics field event: 2 wds.
63. Beauts
65. Mauna _ (Hawaiian volcano)
66. Someone _ (Not mine)
67. Lofty layer
68. 'Hatch' suffix
69. Travel purchases [abbr.]
70. Elvis' "Suspicious _"

DOWN
1. "_ _ Need Your Loving" by The Four Tops
2. RIO 2016: Fencing swords
3. RIO 2016: Gymnastics event, Men's Individual _-_
4. Dee's preceder
5. RIO 2016: _ Throw
6. Quebec town on the St. Lawrence River
7. Giant of ancient Greek mythology
8. RIO 2016: _ Bars (Gymnastics apparatus)
9. Political pundit Mr. Fleischer
10. Nailing
11. Armistice
12. Ponderer
14. What's leftover, briefly
18. Clothes
21. '_' _ in Edmonton
26. Fashion designer Mr. Cassini
28. Citrus drink
30. Skin care brand
31. RIO 2016: 'Tajikistan', IOC-style
32. Bale of _
33. _ Lisa (The Louvre masterpiece)
34. RIO 2016: Sport in which Canadian Olympian Simon Whitfield won gold in Sydney in 2000
35. Garlic: French
36. Set down
38. "'_, _ take you Diane...'" (If Ted and Shelley's characters married on "Cheers")
39. RIO 2016: Event in Athletics: 2 wds.
41. Annex
44. RIO 2016: Badminton and Tennis competitions
46. 'Motor' suffix
47. Mr. Fleming
48. RIO 2016: Whitewater rapids event
49. Crunchy fruit
50. RIO 2016: Gymnastics event, Women's _ Exercise
51. RIO 2016: Track team race event
53. Mice pals
55. Sensible
56. Models
59. RIO 2016: 'Down Under' Olympic country, briefly
62. Fido's doc
64. Submachine gun variety

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might see a marvellous way to introduce reforms or improvements at work today. You might see ways to improve your health as well. Move ahead in both directions.

Taurus April 21 - May 21
Romantic relationships are passionate today. A new relationship that begins now will be intense. Destiny!

Gemini May 22 - June 21
You can make a powerful improvement to your home that will make things run more smoothly, especially improvements to bathrooms, plumbing and laundry areas.

Cancer June 22 - July 23
Your ability to convince anyone of anything is amazing today. Your words are like gold. This is a strong day for writers, actors, teachers and salespeople

Leo July 24 - Aug. 23
You are passionately resourceful today. You might see ways to make money from art. Or perhaps you see new applications for something that can generate money.

Virgo Aug. 24 - Sept. 23
Whatever you do today, you will do with intense passion. Life is black and white, not gray. You either want something or you don't. (Oh my.)

Libra Sept. 24 - Oct. 23
Passionate, secret trysts will take place for many of you today. You have to ask yourself if this relationship is a positive thing in your life. (Yes, it's irresistible, but so are nachos.)

Scorpio Oct. 24 - Nov. 22
A friend might become a lover today. One thing is certain: All your interactions with friends and members of a group will be intense and memorable.

Sagittarius Nov. 23 - Dec. 21
Others might seek your advice about how to make something more attractive. This could be design, layout, anything. Meanwhile, a flirtation with a boss might be too hot to handle.

Capricorn Dec. 22 - Jan. 20
Romance with someone from another culture or a different country will begin for some of you now. Others will be passionate about issues regarding politics, religion and race.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property, inheritances and debt will not be casual today. Nothing is casual today (particularly intimacy).

Pisces
Feb. 20 - March 20
Your feelings for partners and close friends will be forceful and powerful today. You might see a new, deeper level of the relationship that you had never realized before.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4	9						5	3
6		3				1		7
5			3	8	9			4
	6						8	
8			1		5			9
9								6
7			4	2	1			8
	4						2	
		8	6	7	3	9		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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3	8	1	5	7	9	6	4	2
6	2	7	8	3	4	1	9	5
5	4	9	2	1	6	7	3	8
8	3	4	7	6	5	9	2	1
1	7	2	4	9	8	3	5	6
9	6	5	3	2	1	4	8	7
7	5	8	1	4	3	2	6	9
2	9	3	6	5	7	8	1	4
4	1	6	9	8	2	5	7	3

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